

STEP 1



STEP 2



Standing Repeated Hip Flexion with Resistance

REPS: 15 | SETS: 2 | WEEKLY: 5x | DAILY: 2x

Setup

- Begin standing upright with a resistance band looped around one ankle and anchored behind you, with your hands on your hips.

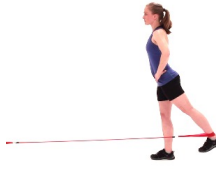
Movement

- Lift your leg forward repeatedly without touching your foot to the ground.

STEP 1



STEP 2



Standing Repeated Hip Extension with Resistance

REPS: 15 | SETS: 2 | WEEKLY: 5x | DAILY: 2x

Setup

- Begin standing upright with a resistance band looped around one ankle and anchored in front of you with your hands on your hips.

Movement

- Lift your leg backward repeatedly without touching your foot to the ground.

STEP 1



STEP 2



Standing Repeated Hip Abduction with Resistance

REPS: 15 | SETS: 2 | WEEKLY: 5x | DAILY: 2x

Setup

- Begin standing upright with a resistance band looped around one ankle and anchored on your opposite side.

Movement

- Lift your leg out to your side repeatedly without touching your foot to the ground.

STEP 1



STEP 2



Standing Hip Adduction with Anchored Resistance

REPS: 15 | SETS: 2 | WEEKLY: 5x | DAILY: 2x

Setup

- Begin in a standing upright position balancing on one leg, with a resistance band anchored in a door jam to your side and secured around your ankle that is closest to the anchor point.

Movement

- Slowly draw your leg inward, creating further tension in the band, then carefully bring your leg back to the starting position.