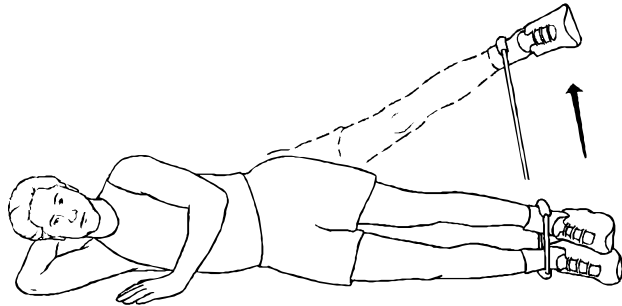




Routine For:  
Created By: James Pamplin, DC

02-24-2012  
Hip Strength

TUBING LOOP - 35 Hip Abduction: Side-Lying  
(Single Leg)



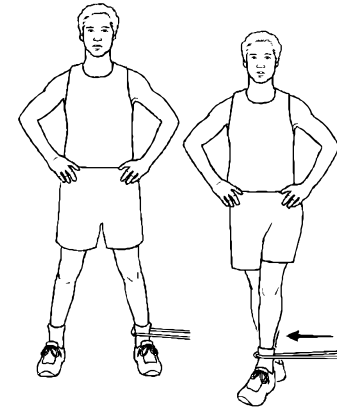
Side-lying, tubing around ankles, raise top leg, keeping knee straight.

Repeat 15 times per set. Repeat with other leg.  
Do 3 sets per session. Do 5 sessions per week.

TUBING LOOP - 31 Hip Adduction: Standing -  
Straight Leg

In wide stance, side toward anchor, loop around same side ankle. Pull straight leg across body.

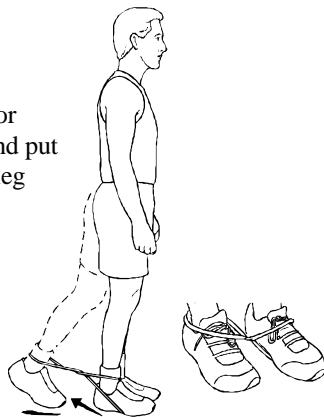
Repeat 15 times per set.  
Repeat with other leg.  
Do 3 sets per session.  
Do 5 sessions per week.



*Anchor Height: Ankle*

TUBING LOOP - 27 Hip Extension: Standing (Single Leg)

In shoulder width stance, anchor tubing under one foot. Twist and put around other ankle. Pull same leg back, keeping knee nearly straight.



Repeat 15 times per set.  
Repeat with other leg.  
Do 15 sets per session.  
Do 5 sessions per week.

TUBING LOOP - 25 Leg Raise: Straight - Standing  
(Single Leg)

In shoulder width stance, tubing under feet, raise leg forward, keeping knee straight.

Repeat 15 times per set.  
Repeat with other arm.  
Do 3 sets per session.  
Do 5 sessions per week.

