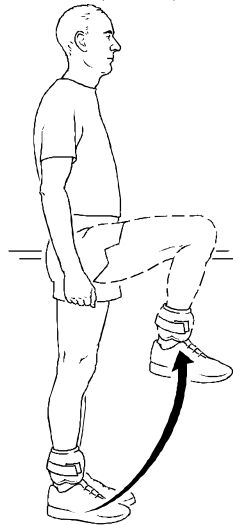


HIP - 16 FLEXION: Standing – Stable (Power)

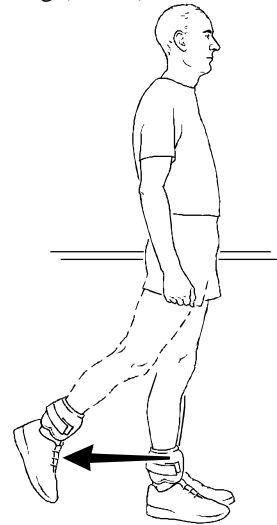
Stand, both feet flat.
Lift right knee toward ceiling *as quickly as possible*. Use ____ lbs.



Complete ____ sets
of ____ repetitions.
Perform ____ sessions
per day.

HIP - 40 EXTENSION: Standing (Power)

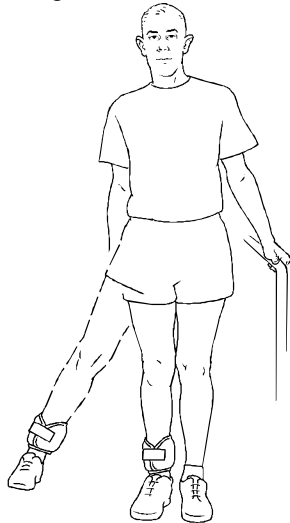
Stand, both feet flat.
Draw right leg behind body as far as possible, *as quickly as possible*. Use ____ lbs.



Complete ____ sets
of ____ repetitions.
Perform ____ sessions
per day.

HIP - 56 ABDUCTION: Standing (Active)

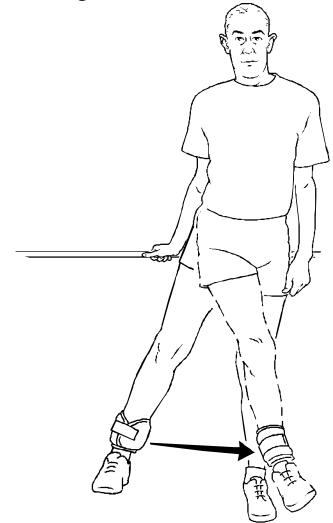
Stand, feet flat.
Lift right leg out to side. Use ____ lbs.



Complete ____ sets
of ____ repetitions.
Perform ____ sessions
per day.

HIP - 74 ADDUCTION: Standing – Stable (Power)

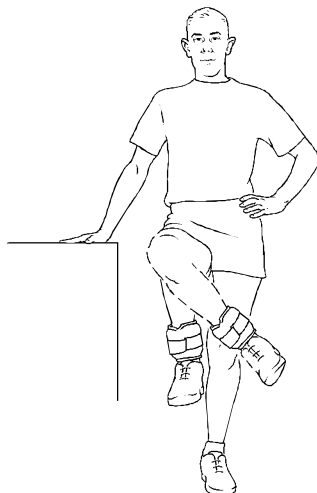
Stand, right leg out to side as far as possible.
Draw leg in across midline *as quickly as possible*. Use ____ lbs.



Complete ____ sets
of ____ repetitions.
Perform ____ sessions
per day.

HIP - 88 EXTERNAL ROTATION
Standing – Stable (Active)

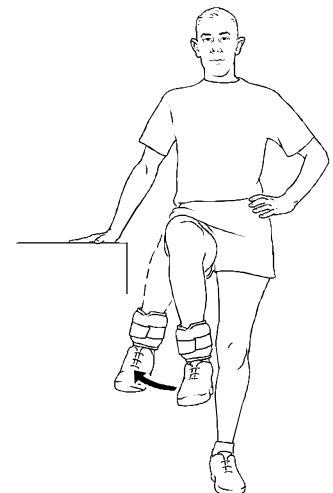
Stand, right knee lifted to 90°. Move foot inward. Use ____ lbs.



Complete ____ sets
of ____ repetitions.
Perform ____ sessions
per day.

HIP - 104 INTERNAL ROTATION: Standing
Stable (Power)

Stand, right knee lifted to 90°. Move foot outward *as quickly as possible*. Use ____ lbs.



Complete ____ sets
of ____ repetitions.
Perform ____ sessions
per day.