HIP - 18 FLEXION: Standing – Resistance Band (Active)

Stand, both feet flat. Against <u>yellow</u> resistance band, lift <u>right</u> knee toward ceiling.

Complete _____ sets of _____ repetitions.

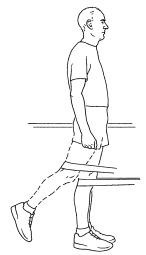
Perform _____ sessions per day.



HIP - 42 EXTENSION: Standing Resistance Band (Active)

Stand, both feet flat. Against <u>yellow</u> resistance band, draw <u>right</u> leg behind body as far as possible.

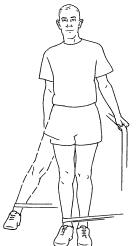
Complete _____ sets of ____ repetitions.
Perform _____ sessions per day.



HIP - 59 ABDUCTION: Standing – Resistance Band (Active)

Stand, feet flat. Against <u>yellow</u> resistance band, lift <u>right</u> leg out to side.

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



HIP - 91 EXTERNAL ROTATION: Standing Stable: Resistance Band (Active)

Stand, <u>right</u> knee lifted to 90°. Against <u>yellow</u> resistance band, move foot inward.

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



HIP - 106 INTERNAL ROTATION: Standing Stable: Resistance Band (Active)

Stand, <u>right</u> knee lifted to 90°. Against <u>yellow</u> resistance band, move foot outward.

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

