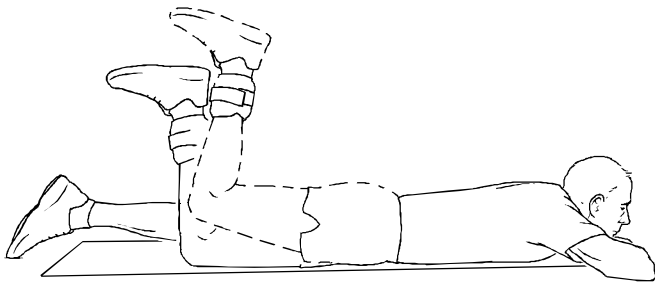


HIP - 34 EXTENSION: Prone – Knee Flexed (Active)

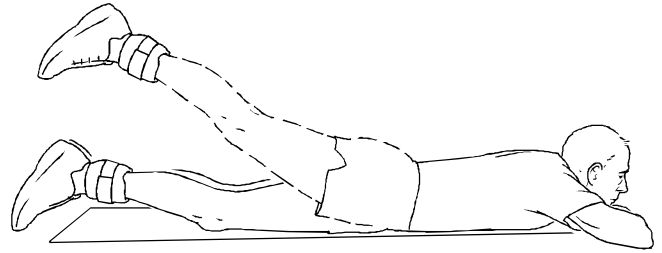


Lie on stomach, right knee bent to 90°. Lift leg toward ceiling. Use ____ lbs.

Complete ____ sets of ____ repetitions.

Perform ____ sessions per day.

HIP - 36 EXTENSION: Prone – Knee Extended (Active)



Lie on stomach, legs straight. Lift right leg toward ceiling. Use ____ lbs.

Complete ____ sets of ____ repetitions.

Perform ____ sessions per day.

HIP - 87 EXTERNAL ROTATION: Prone – Active

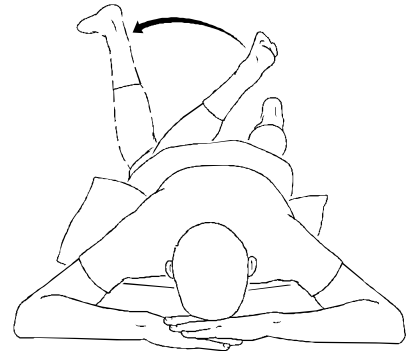
Lie on stomach. Bend right knee and move foot inward. Use ____ lbs.



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

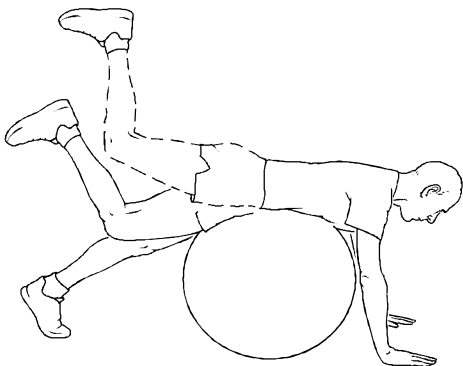
HIP - 102 INTERNAL ROTATION: Prone – Active

Lie on stomach. Bend right knee and move foot outward. Use ____ lbs.



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

HIP - 35 EXTENSION: Prone – Exercise Ball: Knee Flexed (Active)



Lie over ball, right knee bent to 90°. Lift leg toward ceiling.

Complete ____ sets of ____ repetitions.

Perform ____ sessions per day.