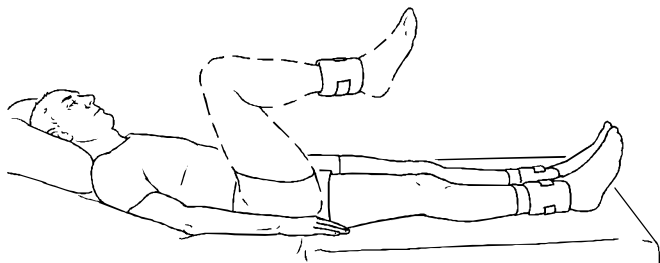


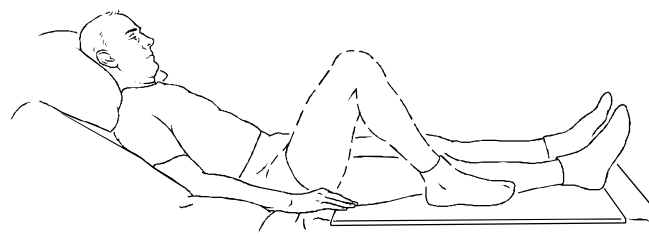
HIP - 1 FLEXION: Supine (Active)



Lie on back, legs straight. Draw right knee toward chest.  
Use \_\_\_\_ lbs.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

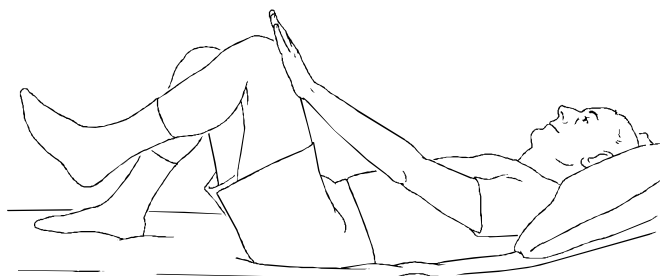
HIP - 2 FLEXION: Supine – Powder Board  
(Active – Assistance)



Lie on back, legs straight. Draw right knee toward chest  
sliding foot on board.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

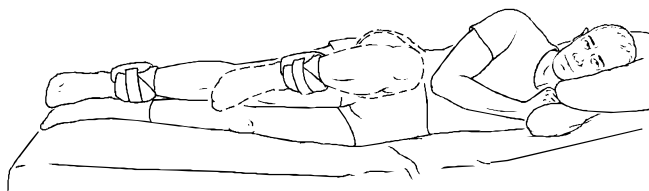
HIP - 3 FLEXION: Supine (Isometric)



Lie on back, feet flat. Draw left knee toward chest push  
gently with same side arm. Hold \_\_\_\_ seconds.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

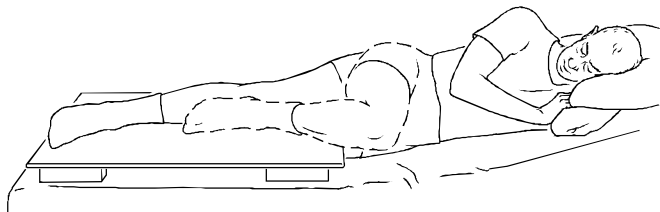
HIP - 6 FLEXION: Side-Lying (Active)



Lie on left side, legs straight. Draw top leg toward chest.  
Use \_\_\_\_ lbs.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

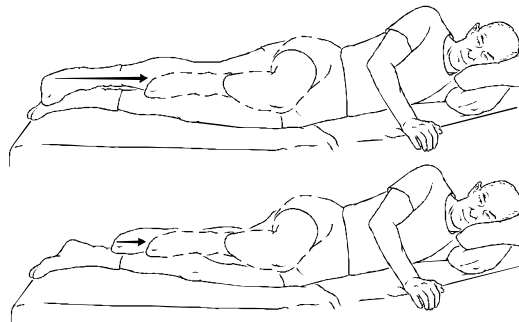
HIP - 7 FLEXION: Side-Lying – Powder Board  
(Active – Assistance)



Lie on left side, legs straight with board between legs.  
Slide top leg toward chest.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

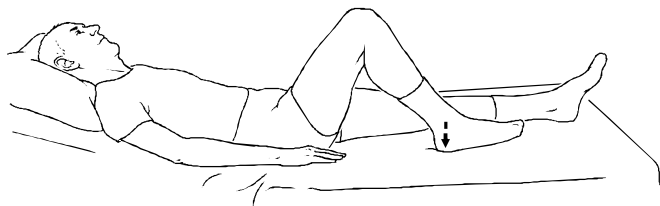
HIP - 8 FLEXION: Side-Lying (Isometric)



Lie on left side, legs straight. Draw top leg toward chest,  
stopping at various points and holding for \_\_\_\_ seconds  
at each.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

HIP - 21 EXTENSION: Supine (Isometric)



Lie on back, with right leg bent, foot flat. Drive heel downward. Hold \_\_\_\_ seconds.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

HIP - 22 EXTENSION: Side-Lying – Knee Extended (Active)



Lie on left side. Draw top, straight leg backward as far as possible. Use \_\_\_\_ lbs.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

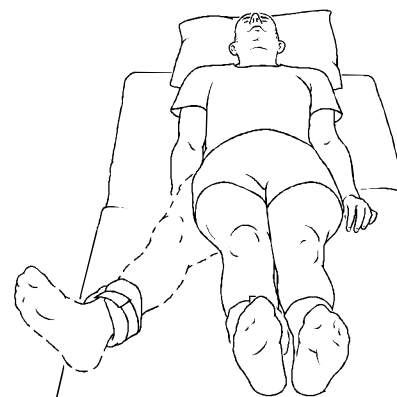
HIP - 23 EXTENSION: Side-Lying – Knee Flexed (Active)



Lie on left side.  
Draw top, bent leg backward as far as possible.  
Use \_\_\_\_ lbs.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

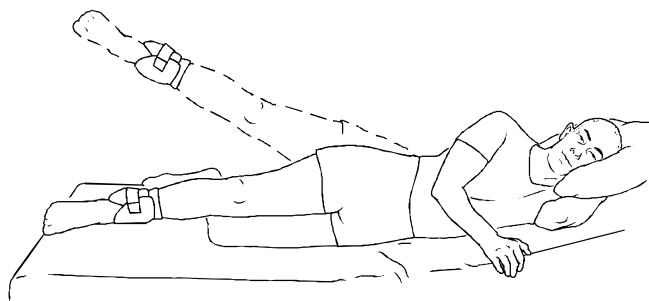
HIP - 44 ABDUCTION: Supine (Active)



Lie on back, legs straight. Draw right leg out to the side as far as possible.  
Use \_\_\_\_ lbs.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

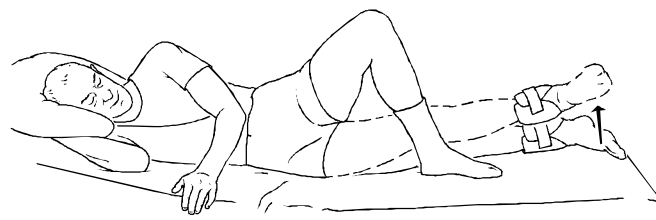
HIP - 48 ABDUCTION: Side-Lying (Active)



Lie on left side, top leg straight. Raise top leg as far as possible. Use \_\_\_\_ lbs.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

HIP - 65 ADDUCTION: Side-Lying (Active)



Lie on right side, with top leg bent and in front of other leg. Lift straight leg up as high as possible. Use \_\_\_\_ lbs.

Complete \_\_\_\_ sets of \_\_\_\_ repetitions.  
Perform \_\_\_\_ sessions per day.

HIP - 78 EXTERNAL ROTATION: Supine (Active)

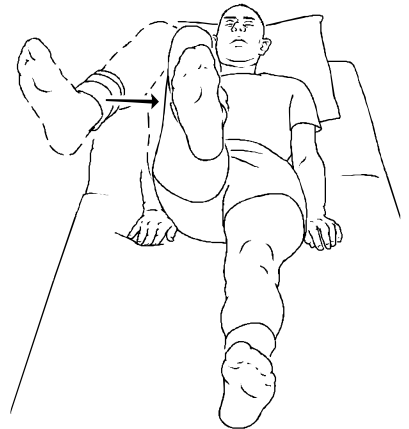
Lie on back, right knee and hip bent to 90°. Move foot inward. Use \_\_\_\_ lbs.



Complete \_\_\_\_ sets of \_\_\_\_ repetitions. Perform \_\_\_\_ sessions per day.

HIP - 93 INTERNAL ROTATION: Supine (Active)

Lie on back, right knee and hip bent to 90°. Move foot outward. Use \_\_\_\_ lbs.



Complete \_\_\_\_ sets of \_\_\_\_ repetitions. Perform \_\_\_\_ sessions per day.

This exercise routine was created for:

Date: \_\_/\_\_/\_\_