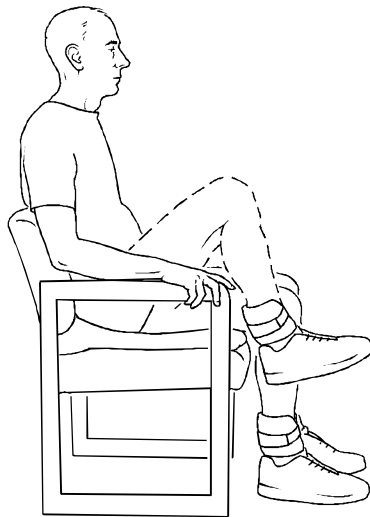


HIP - 9 FLEXION: Sitting (Active)

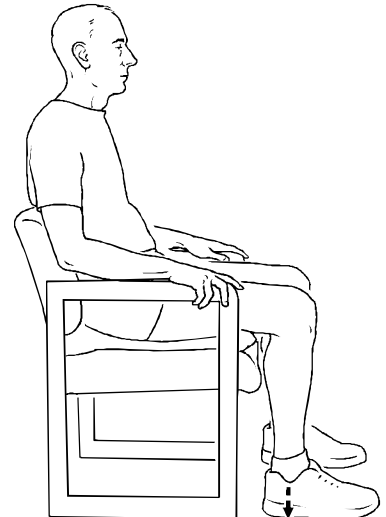
Sit, both feet flat.
Lift right knee
toward ceiling.
Use ____ lbs.



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

HIP - 28 EXTENSION: Sitting (Isometric)

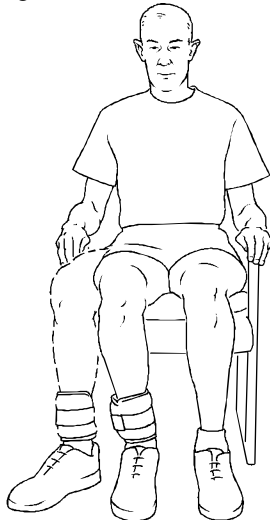
Sit with feet flat.
Press right foot
downward. Hold
____ seconds.



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

HIP - 51 ABDUCTION: Sitting (Active)

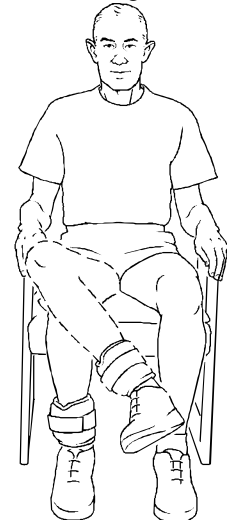
Sit with feet flat.
Lift right leg slightly
and draw it out to side.
Use ____ lbs.



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

HIP - 81 EXTERNAL ROTATION: Sitting (Active)

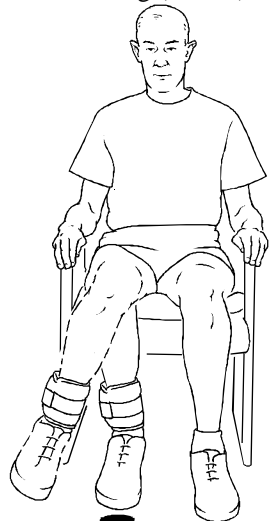
Sit, feet flat. Lift right
knee and move foot
inward toward opposite
knee. Use ____ lbs.



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

HIP - 96 INTERNAL ROTATION: Sitting (Active)

Sit, feet flat. Lift right
leg slightly and move
foot outward. Use
____ lbs.



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