

## **Hip Stability**

**If any exercises cause pain or discomfort more than a 3/10 please stop. It should be tough, but not painful. Rest 1-2 minutes between sets and exercises**

### **Stage 1 – 4-6 weeks (Each session twice per week)**

#### **Day 1**

[Knees Off – 3 sets to fatigue](#)

[Toes Off – 3 sets to fatigue](#)

[Step work – 5 minutes practice](#)

[Hip CAR – 2 sets of 4-6 rotations each side](#)

#### **Day 2**

[Glute Bridge – 3 sets of 8-12, progress to single leg if possible.](#)

[Hip Abduction – 3 sets to failure](#)

[Knee to Knee – 2 sets of 8-12 each side](#)

[Adductor Pullbacks – 2 sets of 8-12 each side](#)

### **Stage 2 – 4-6 weeks long (Every other day perform):**

#### **Monitor your reps/time and increase over the weeks**

[Hip Abduction Lift – 3 sets just before fatigue – \(Advanced Version\)](#)

[Hip Flexor Lift - 3 sets just before fatigue](#)

[Supine Internal Rotation - 3 sets just before fatigue](#)

[Hamstring Bridge - 3 sets just before fatigue – \(Advanced version\)](#)