

Hip Strengthening

If any exercises cause pain or discomfort more than a 5/10 please stop. It should be tough, but not painful.



Follow the routine below and try to do 3-4 sessions per week depending on your recovery rate and level of soreness. Build up to the prescribed sets and reps with a weight of your starting choice, then decrease the reps down as the weight increases

Day One

[Wide Stance Squats – 3 sets of 8-10](#)

[Sumo Deadlift – 3 sets of 8-10](#)

[High Box Step Ups – 3 set of 8 – 10](#)

[RDL – 3 sets of 8 - 10](#)

[Copenhagen – 3 sets max duration](#)

Day Two

[360 Lunges – 3 sets of 8-10](#)

[Side Plank Abduction – 2 sets to Fatigue](#)

[Rear Foot Elevated Split Squat – 3 sets of 8-12](#)

[Hip Flexion Banded – 3 sets of 8-12](#)

[Side drop downs – 3 sets of 12](#)