

HIP JPAC EXERCISES WEEK 8

Resisted Hip Abduction Holding Chair



Description

1. Stand holding a chair for support
2. Place a band around the ankle, standing on the other end
3. Raise the leg out to the side against the band
4. Lower the leg down with control

Sets: 1-3

Reps: 10-15

Color:

Hold: 2-5SEC

Tempo:

Resisted Hip Extension Holding Chair



Description

1. Stand holding a chair for support
2. Place a band around the ankle, standing on the other end
3. Lengthen the leg behind you against the band
4. Hold for the prescribed time
5. Lower the leg down with control

Sets: 1-3

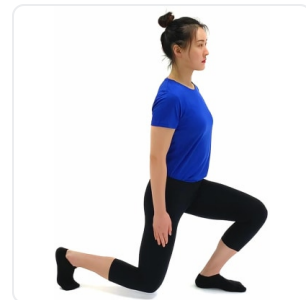
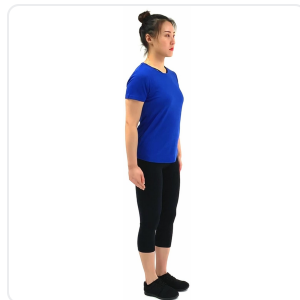
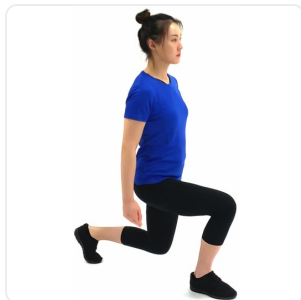
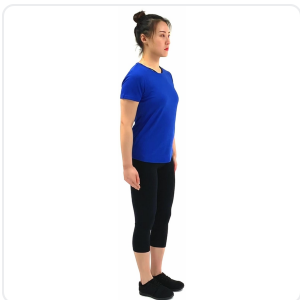
Reps: 10-15

Color:

Hold: 2-5SEC

Tempo:

Lunge



Description

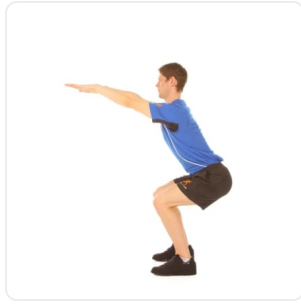
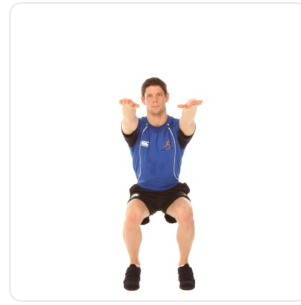
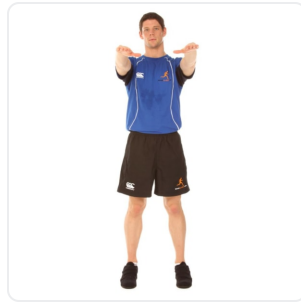
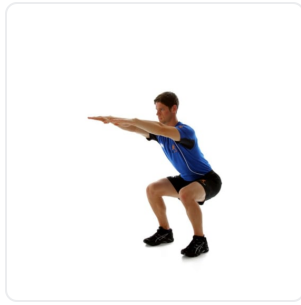
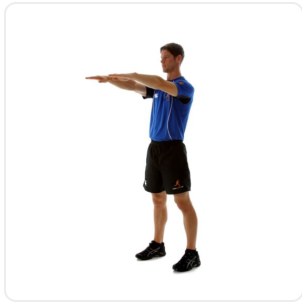
1. Stand with your arms across your chest
2. Take a large step forward and lower your body toward the floor keeping the knee above the floor
3. Drive the hips up to standing

Sets: 1-3

Reps: 10-15

Tempo:

Squat



Description

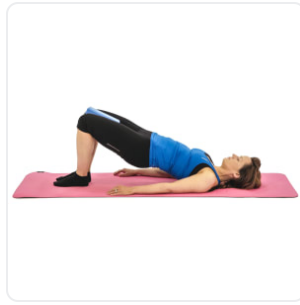
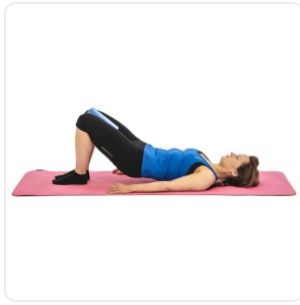
1. Stand with your feet shoulder width apart and your arms outstretched
2. Lower the hips back as though to sit on a chair
3. Drive the hips forward and up to standing

Sets: 1-3

Reps: 10-15

Tempo:

Bridge



Description

1. Lay on your back with knees bent and inhale to prepare
2. Exhale and raise the hips off the floor then peel the spine off the floor
3. Inhale and hold this position on the shoulder blades
4. Exhales and lower the spine fluidly until the hips reach the floor

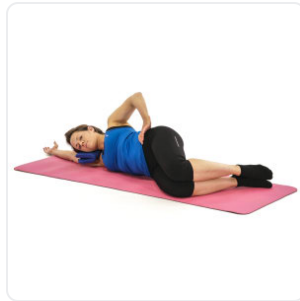
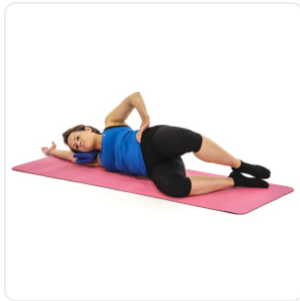
Sets: 1-3

Reps: 20

Hold:

Tempo:

Clam Level 1



Description

1. Lay on your arm in side-lying with the knees bent and hip flexed to 45 degrees
2. Inhale to prepare the abdomen and hips
3. Exhale and lift the top knee
4. Inhale and lower the knee

Sets: 1-3

Reps: 15

Tempo: