

Clamshell

1. Start in side lying position on the floor. Bending at your knees, till you form a 45 degrees angle with the body. Station your heel on top of each other;

bring the knee of the top leg away from the bottom leg without shifting the hips.

1.



Repeat on opposite side.

_____ times.

2.



Glute Med at the wall

2. Start in side lying position on the floor with the back of your body against the wall. Keep the top leg straight and turn the foot 45 degrees upward towards the ceiling. With heel of the top leg pressing to the wall, slowly raise the leg up within comfortable range of motion. Then slowly lower to original position.

Repeat on opposite side.

_____ times.

Pelvic Leveling/Unleveling

3. Start with right leg standing on a stool or small step. Your left leg should be hanging off the edge of the step. Make sure your waist is level.

3a. Slowly lower the left leg towards the ground at about an inch, without bending the right knee. Then pull the leg back to neutral position.

3b. From neutral position, start slowly pulling the left leg up and raise the level of the waist line. Return to neutral.

Repeat on the other side.

Repeat _____ times.

3.



3a.



3b.

