



Bia - Hip Strengthening Routine

Outline

1. Clams x 20
2. Lateral leg raises x 15-25
3. Donkey Kicks x 15-25
4. Donkey whips x 15-25
5. Fire hydrant x 15-25
6. Knee circles – forward x 15-25
7. Theraband balance x 15 repetitions with each leg
8. Standing hip flexor x 15
9. Standing hip abductor x 15
10. Hip hikes x 15

Goals

The hips play a major role in keeping runners healthy. Numerous scientific research studies have proven that runners routinely suffer from weak, tight, and under-developed hip muscles.

These hip muscle groups are particularly important because they've been implicated in a range of running injuries. Weak hips can often be the cause of IT band pain, patella tendonitis (runner's knee), piriformis issues, sciatica, and a myriad of other common running injuries.

This routine is a preventative set of exercises designed to work all the muscles in the hip and glutes while also increasing flexibility and range of motion.





Clams



Instructions:

Keep the pelvis perpendicular to the floor rather than rolling backwards, which is a way to cheat this exercise. Hold for 10 seconds at the top; work up to 20 repetitions.

Lateral Leg Raises



Instructions:

Focus on engaging the glute muscle on your top leg. Use slow movements and keep your foot in a neutral position. Perform 15-25 repetitions per leg.

Donkey Kicks



Instructions:

Keep your abs tight and your back flat. Imagine placing a broomstick on your back and keeping it in place throughout the entire movement. Perform 15-25 repetitions per leg.





Donkey Whips



Instructions:

Keep your abs tight and your back flat and bring your leg out to the side while trying to keep it relatively straight. Imagine placing a broomstick on your back and keeping it in place throughout the entire movement. Perform 15-25 repetitions per leg.

Fire Hydrants



Instructions:

Keep your abs tight and your back flat. Focus on keeping your lower back flat and straight and lifting your leg only with the use of your hip and glutes.

Knee circles forward





Instructions:

Like the previous three exercises, the back should remain flat and stable with the entire movement emanating from the hip and glute. Perform 15-25 repetitions each leg.

Theraband balance drill



Instructions:

Attach one end of a theraband to a solid object and loop the other end just above your knee (Your opposite leg should be outside the band). Balance on the leg not looped in the band and, keeping the leg attached to the theraband perpendicular to the ground (not tilting inwards), move up and down like a running motion. Hold at the top (with your knee up for 2 seconds) and then quickly touch your foot to the ground before bringing it back up. Advanced runners can stand on a balance board or close their eyes for added difficulty. Perform 15-25 repetitions each leg.

Standing hip flexor

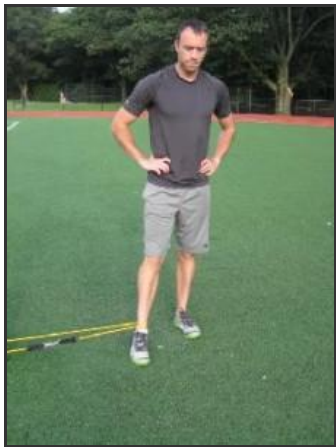




Instructions:

Put your right foot in the resistance band and turn so you are facing away from the band's anchor. Keeping your right leg straight, lift it forward to a count of two, then release it back down to a count of two. 15 times each leg

Standing hip abductor



Instructions:

Standing with your left leg slightly behind you, keep your right leg straight and lift it out to the side. Pull the leg attached to the theraband across your body to a count of two, then release it back to a count of two. Switch legs and perform x 10 each leg. Use a light theraband.

Hip Hikes



Instructions:

Keep the leg on the step straight and don't use it to help bring your other leg back up. The movement up should come from the hip. perform 15 x each leg.

