



## ***Kratos - Advanced Hip Routine***

### ***Outline***

1. Jane fonda x 12 each side
2. Runner touch x 15 each leg
3. Reverse clamshell x 12 each side
4. Runner pulls x 15 each side
5. Hot salsa x 15 total lunges
7. Side step core press x 5 each side (repeat two times)
8. Contra kicks x 8 each leg

### ***Goals***

This advanced hip routine is designed for runners who are experienced with strength training or those that have progressed through the Strength Training for Runners at least once.

This routine builds off the Bia Hip Routine by implementing more dynamic and more difficult movements. You start with two exercises performed while lying on your side, which are designed to engage your deep glute muscles and get the right muscles firing. You then progress to more dynamic one-legged exercises that help engage the smaller stabilization muscles critical to preventing injuries.

This routine was developed by David McHenry, strength coach for the Oregon Project

### ***Jane Fonda***





Lie on your side with your body flat on the ground. Bring the leg touching the ground forward, bending at the knee. Press your hand into your pelvis to prevent it from rolling back. Keeping your upper leg straight, raise it up into the air and back slightly. Use controlled movements. Pause at the top for 1-2 seconds. Make sure you keep your pelvis anchored forward. You should feel this in your deep glute muscles, not on the side of your leg.

## *Reverse clamshell*



Lie on your side with your legs bent so your feet are behind you. Keeping your knees close together (they don't have to touch, but they should not splay apart) slowly lift your top foot away from your bottom foot. Avoid the temptation to rotate the pelvis forward or arch your back.

## *Runner pulls*



Balance on one leg and grab a pulley system or elastic band in front of you with the opposite hand. Raise the free knee up toward your waist while simultaneously pulling the weight down 90-degrees and rotating toward your opposite leg.





## *Hot salsa*



Step into a wide lunge and reach a weighted ball as far out in front of you toward the ground as you can. Keep the back as straight as possible. Shift your weight forward on your front foot. While keeping the ball forward, lift your back leg off the ground and rise up to a perfect running position.

## *Side step core press*



Hold a theraband or a cable near your chest, press out with hands, keeping the core tight and then while holding straight out, walk side to side.

Walk in one direction for 5 steps, slowly return for 5 steps. Repeat moving the same direction. Now, perform the same movement, but walk/step to the opposite side.





## *Contra kicks*



Place both ankles inside an elastic band, approximately 8–9 inches apart. Raise one foot slightly off the ground. Adjust your weight on the supporting foot so that it is evenly distributed between the forefoot and heel. Keeping your leg straight, move your raised foot forward, back to center, to the side, back to center, backward, and back to center.

That is 1 repetition. Perform 8 repetitions with each leg. Beginners can take a small rest of each each rep. As you get stronger, work to take fewer breaks between reps.

