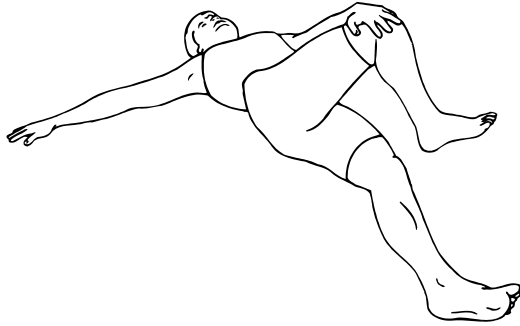
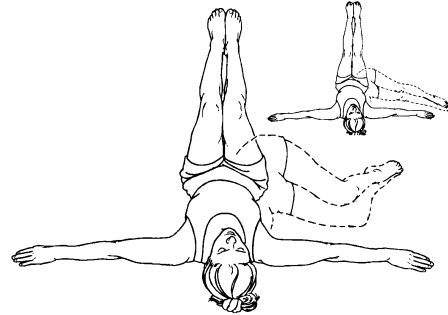


HIP OBLIQUE:



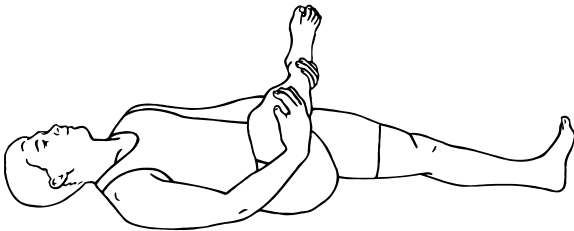
Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold 30 seconds. Repeat with other leg.  
Repeat 1 times. Do 1 sessions per day.

Lying Hip Twist



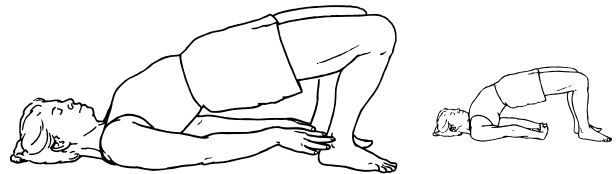
Lie on back, legs in air, bent 90°, arms out to sides, palms flat. Slowly lower legs toward side, upper torso flat.  
Repeat 20 reps on each side.  
*ADVANCED: Keep legs straight.*

HIP OBLIQUE - 8 Internal Rotators



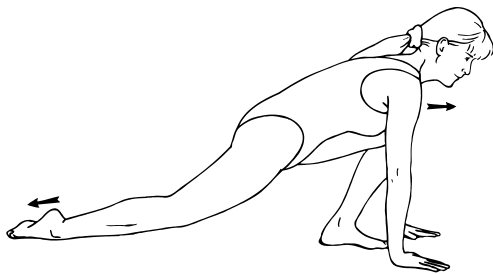
Gently pull foot and knee toward shoulder, rotating at hip. Hold 30 seconds. Repeat with other leg.  
Repeat 1 times. Do 1 sessions per day.

Hip Bridge



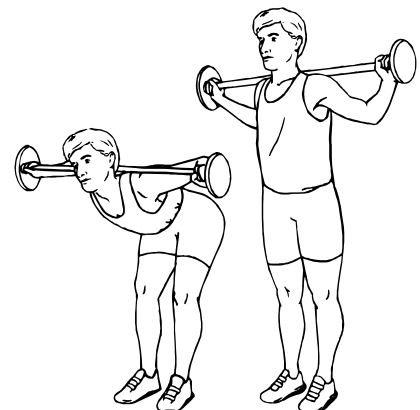
Lying on back, legs bent 90°, feet flat on floor. Press up hips and torso, reaching hands to feet. Hold for 30-seconds.

Hip Flexors



From position shown, slide foot back and move trunk forward until stretch is felt. Hold 30 seconds. Repeat with other foot.  
Repeat 1 times. Do 1 sessions per day.

BACK: LOW - 8 Good Morning (Barbell)



Bent 90° at hips, knees slightly bent, head up, back straight, raise torso until in line with legs.

Do 3 sets.  
Complete 15 repetitions.