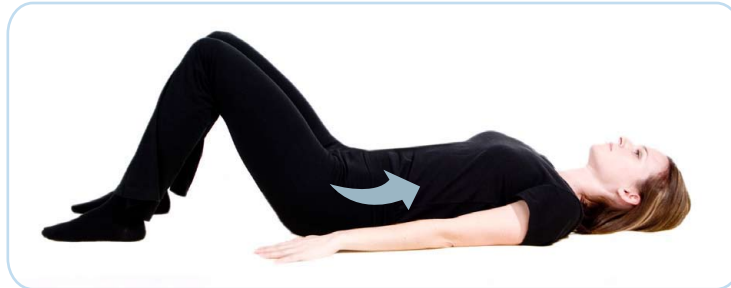


Unilateral Hip Hike

INSTRUCTION: Duration 1 min

Lay on your back with both knees bent and feet flat on the ground. Activate your core and slowly tilt your right hip drawing it up towards your right shoulder. Hold for 2 seconds. Return to neutral and repeat on the left side.

Starting Position



*NOTES:

Both buttocks should remain on the ground throughout this exercise.

*Repeat 12 times per side.