



## Strengthen Your Hips Circuit Advanced Routine

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The recommendation from the American College of Sports Medicine is to perform strength training exercises 2-3 days a week on non-consecutive days. Below is a lower-body workout that targets the quadriceps/hamstrings and gluteal muscles. These exercises will improve lower body strength/endurance, while proving stability for the core. For each exercise, perform 2-3 sets of 12-15 repetitions, with 30-60 seconds of rest in between each set. Resistance bands and stability balls can be purchased at any sporting goods store or discount department store, such as Wal-Mart, K-Mart, or Target.

### Quadruped Resisted Hip Extension



START



FINISH

Set-Up: Place resistance band in the middle of the shoe. Grip resistance band handles firmly against the floor.

Execution: Push against the resistance of the band, while the hips remain even. *Safety Tip:* To minimize low back pain, do not excessively arch or twist the lower back.

### Gym Ball Hip Extension



START



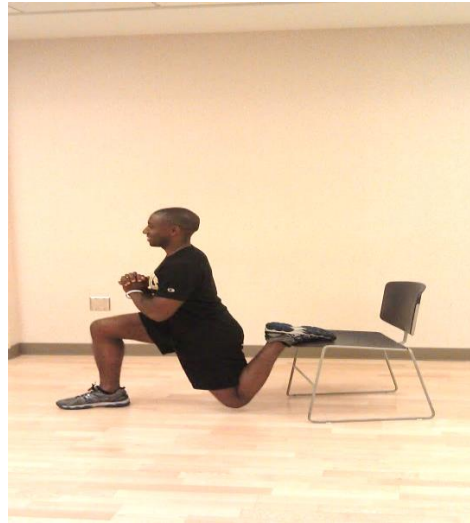
FINISH

Set-Up: Lie down with your back against the floor, with the backside 3-4 inches from ball. Execution: Place heels on top of the ball, with toes pointed forward. Raise the hips off the ground. Squeeze backside at the highest point of the lift. Lower bodyweight slowly back to floor and repeat. *Safety Tip:* Keep core tight by pressing lower back into floor before lifting up to minimize lower back pain.

## Single-Leg Squat



**START**



**FINISH**

**Set-Up:** Place the foot of the back leg on the chair. Take two steps forward with the front leg, maintaining a straight line from the ankle, knee to hip. Foot remains pointing forward. **Execution:** Squat down with the front leg until the knee of the back leg is several inches from the floor. Squat up and repeat. **Safety Tip:** Make sure the knee of the front leg does not pass over the toe while squatting down to minimize knee pain.

## Resisted Wall Sit



**Set-Up:** Place band around thighs. Place back against the wall, squatting down where thighs are parallel to the floor. **Execution:** Hold stationary position for 30-60 seconds, pressing thighs outward against the resistance of the band. **Safety Tip:** Arch back while holding squat, keeping upper back against the wall to minimize lower back pain.

**References:** [American College of Sports Medicine \(ACSM\)](#); [National Strength and Conditioning Association \(NSCA\)](#), [Titleist Performance Institute \(TPI\)](#)