



Standing Single Leg Fire Hydrant

Begin by standing near a sturdy surface. Slightly bend forward at the hips. While keeping knee bent and hips level, lift leg out to the side and behind you. Be sure keep abdominals tight and core engaged as to not let hip lift upward or back to arch.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week



Monster Walk

With an elastic band around your thighs, take wide steps in the forward direction. Keep tension in the band at all times and stay in a low, squatted position throughout.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week



Lateral Walk

With an elastic band around your thighs, take steps to the side while keeping your feet spread apart. Keep your knees bent the entire time. Go back the other direction.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week



Treadmill Walk - WITH BAND

With the band in the same position as above (around your thighs), walk on the treadmill with the belt set at a slight incline. You should feel the outsides of your hips working.

This is a good way to ensure your gluteal muscles are active before attempting running, as well.

Hold 3 Minutes
Complete 1 Set
Perform 3 Time(s) a Week



ADVANCED - Single Leg Elevated Split Squat

Stand facing away from bench. Extend leg back and place top of foot on bench. Lean your upper body forward slightly from the hips. Squat down by flexing knee and hip of front leg until thigh reaches parallel. Important: make sure your knee doesn't go farther forward than your toes and make sure your knee tracks forward toward your outside toes (rather than toward the big toe or inside of that). Return to starting standing position. Repeat with opposite leg.

Repeat 15 Times
Hold 1 Second
Complete 3 Sets
Perform 3 Time(s) a Week