

1



Hip Abduction Burner Series 1

Lying on your side with your top leg straight, carefully lift and lower the leg continuously for 30 seconds.

2



Hip Abduction Burner Series 2

Start with the top leg slightly elevated. Then flex the knee and hip to 90-degrees, as shown in the second image. Return to the start position. Repeat for 30 seconds, continuously.

3



Hip Abduction Burner Series 3

Start with the top leg slightly elevated. Then, while keeping the hip straight, flex the knee to bring the foot behind you (like a hamstring curl). Return to the start position. Repeat continuously for 30 seconds.

4



Hip Abduction Burner Series 4

Start with the top leg slightly elevated. Without flexing the hip at all, draw small circles with the elevated leg, going down first, then back. Repeat continuously for 30 seconds.

5



Midstance: Hip Burner

Place stability ball between outside of knee and wall, bend the knee that is touching the ball to mimic single leg stance during running with most weight shifted on stance leg. Press outside of the knee into the ball using only the hip muscles, hold for 3 seconds, relax, repeat x 10, both sides. (If you're doing it correctly, you'll see why I call it the hip "burner")

Repeat 10 Times  
 Hold 3 Seconds  
 Complete 2 Sets  
 Perform 1 Time(s) a Day

Other things to consider:

1. Use a mirror to look for compensations (most common are leaning your whole body into the wall instead of using hip muscles AND leaning shoulders to one side over the hip)
2. Work on alignment of knees, feet, and Arms.
3. Practice barefoot, watch stance foot supinate with each push into the ball (if done correctly)

6



STANDING HEEL RAISES - SINGLE LEG

While standing on one leg, raise up on your toes as you lift your heel off the ground.

Repeat 1 Time  
 Hold 3 Seconds  
 Complete 3 Sets  
 Perform 1 Time(s) a Day

7



### SINGLE LEG STANCE - REACH TWIST SLS

Stand on one leg and maintain your balance.

Next, reach forward and across your body with your opposite arm as far as you can without losing your balance.

Then return to original position.

Maintain a slightly bent knee on the stance side.

Video ID: GA3EMCL

Repeat 1 Time  
Hold 1 Second  
Complete 1 Set  
Perform 1 Time(s) a Day

8



### Single leg hip lift (bridge)

To isolate glute max activation and improve hip flexion mobility. Ensure you are not compensating with arching your low back.

Repeat 10 Times  
Hold 3 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day