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Triphasic Hip Strengthening Exercise Series

Complete Each Block for 2 to 3 weeks and Perform 2 to 3 times each week.

Weak hips are often mistaken for a weak core.

Block 1 - Eccentric Hip Series - Perform 2-3 Sets x 3-5 Reps – *3 sec count down each rep*

Partner Bench Abduction Eccentric - Complete Each Side - Rest 20 to 30 Seconds

Partner Bench Adduction Eccentric - Complete Each Side - Rest 20 to 30 Seconds

Partner Single Leg Glute Bench Lift Eccentric - Each Side - Rest 20 to 30 Seconds

Partner Hip Flexor Prone Eccentric - Complete Each Side - Rest 20 to 30 Seconds

Block 2 - Isometric Hip Series - Perform 2-3 sets x 3-5 Reps – *3 sec hold each rep*

Partner Bench Abduction Isometric - Complete Each Side - Rest 20 to 30 Seconds

Partner Bench Adduction Isometric - Complete Each Side - Rest 20 to 30 Seconds

Partner Single Leg Glute Bench Lift Isometric - Each Side - Rest 20 to 30 Seconds

Partner Hip Flexor Prone Isometric - Complete Each Side - Rest 20 to 30 Seconds

Block 3 - Concentric Hip Series - Perform 2-3 Sets x 8-12 Reps

Bench Abduction - Complete Each Side - Rest 20 to 30 Seconds

Bench Adduction - Complete Each Side - Rest 20 to 30 Seconds

Single Leg Glute Bench Lift - Complete Each Side - Rest 20 to 30 Seconds

Hip Flexor Prone - Complete Each Side - Rest 20 to 30 Seconds