

HIP “S.M.U.R.F.”!

STRENGTH, MOBILITY, UTILITY, ROBUSTNESS, FLEXIBILITY

1. * 1 LEG SPLIT SQUAT (each leg)
2. * WALKING LUNGES (each leg)
3. * LATERAL SQUATS (each leg)
4. * WAVE SQUATS (each way)
5. * WIDE OUTS
6. 3-WAY FIRE HYDRANTS (each leg)
7. HIP CIRCLES (both ways, each leg)
8. INTERNAL GROINERS
9. LEANING HIP HURDLES (each leg)
10. LATERAL LEG SWINGS (side to side)
11. LONGITUDINAL LEG SWINGS (front to back)
12. SINGLE LEG HOPS INTO DOUBLE LEG JUMP UPS

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- Stretch out/loosen up hips, quads and hamstrings well before beginning
 - Start with 1-2 sets of 10-15 reps, build up to 2-3 sets of 20-40 reps, then add handheld weight to the asterisked exercises
 - Review video to refine/perfect your form