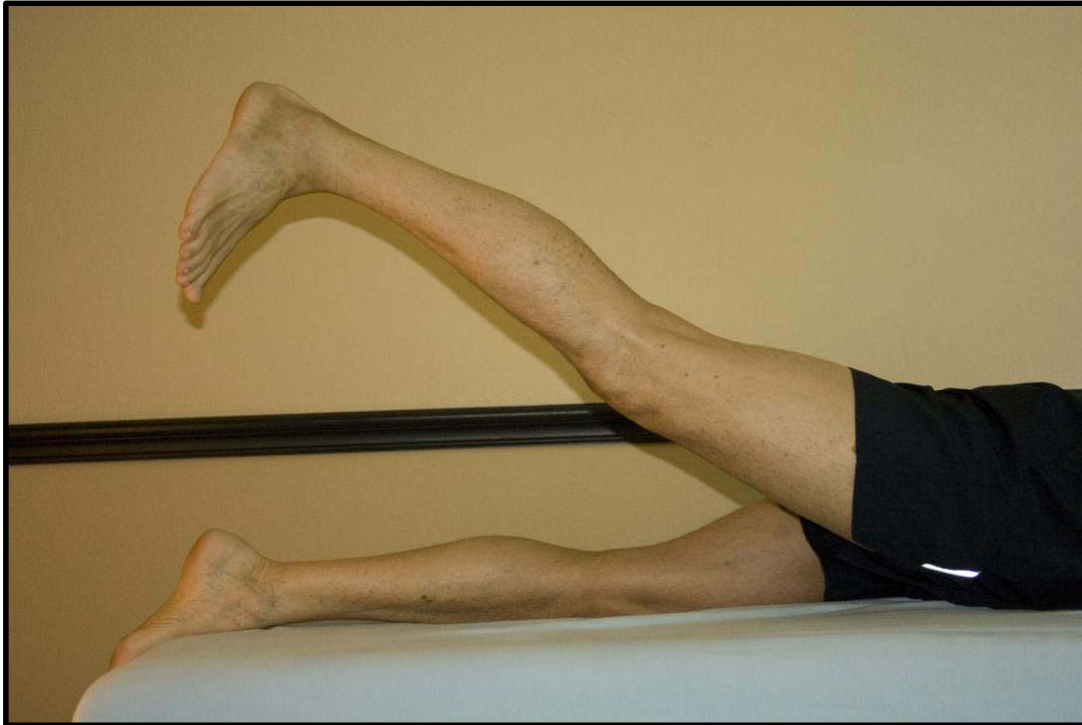


Hip Strengthening



Gluteus Maximus Strengthening Single Leg Raise

- Step 1: Lay flat on your stomach
- Step 2: Raise leg as far up as you can while keeping leg straight
- Step 3: Squeeze glut muscle and hold position for 3 seconds.
- Step 4: Relax and lower leg
- Step 5: Repeat alternating leg 10-12 times.