

**Start to Finish 5K Stretches & Exercises**

**HIP ABDUCTOR PROGRESSION**

**1. HIP ABDUCTION - SIDE LYING (SL ABD)**



**DESCRIPTION:**  
 WHILE LYING ON YOUR SIDE, SLOWLY RAISE YOUR TOP LEG TO THE SIDE. KEEP YOUR HIPS "STACKED" ONE RIGHT OVER THE OTHER. KEEP YOUR KNEE STRAIGHT AND MAINTAIN YOUR TOES POINTED FORWARD THE ENTIRE TIME.

REFER TO YOUR SCHEDULE FOR SET AND REPS



**2. SIDE PLANK KNEES**



**DESCRIPTION:**  
 LAY ON YOUR SIDE WITH YOUR KNEES BENT. RAISE UP ONTO YOUR ELBOW AND BOTTOM KNEE AS SHOWN. TRY TO MAINTAIN A STRAIGHT SPINE.

REFER TO YOUR SCHEDULE FOR SET AND REPS



**3. SIDE PLANK**



**DESCRIPTION:**  
 WHILE LYING ON YOUR SIDE, LIFT YOUR BODY UP ON YOUR ELBOW AND FEET. TRY TO MAINTAIN A STRAIGHT SPINE.

REFER TO YOUR SCHEDULE FOR SET AND REPS



**4. SIDE PLANK WITH HIP EXTENSION (SIDE PLANK W/HE)**



**DESCRIPTION:**  
 WHILE LYING ON YOUR SIDE, LIFT YOUR BODY UP ON YOUR ELBOW AND FEET. NEXT, SLOWLY RAISE UP THE TOP MOST LEG UPWARDS, THEN RETURN. TRY TO MAINTAIN A STRAIGHT SPINE.

REFER TO YOUR SCHEDULE FOR SET AND REPS

