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HIP CONTROL LEVEL I – THE GREAT ONE

IMPORTANT DISCLAIMER

These strategies do not replace the supervision, feedback or expertise of a health care professional and or strength and conditioning professional. Each athlete requires an evaluation and from there the development of a program to address their unique needs, especially when pain is present. The intent of these HIP CONTROL Challenges is to be a resource / reference for your use.

Perform each exercise for 3 – 5 reps unless indicated. Repeat circuit 2 – 3 times. Perform HIP Control at least 5 times per week. Choose any circuit.

	A	B	C	D
System Stability (Basic)	<u>Plank 60s</u>	<u>Plank Touches 60s</u>	<u>Mini-Band Clam Shell</u>	<u>Mini-Band Worlds Hardest</u>
Hip CONTROL (Adductor)	<u>Spiderman</u>	<u>90-90 to Straddle</u>	<u>Half Kneeling: End Range Lift / Overs</u>	<u>Supine Middle Split to Squat</u>
System Stability (Carry Series)	<u>Farmer's Walk (40m)</u>	<u>Waiter's Walk 40m</u>	<u>Press Walk 40m</u>	<u>Lunge with Press 10m</u>
Hip CONTROL (Squat)	<u>Goblet Squat Curl (10 reps)</u>	<u>Goblet Squat to Overhead Press 10 reps</u>	<u>Squat to Cossack Squat</u>	<u>Back Squat to Overhead Press</u>
System Stability (Asymmetrical)	<u>Bent Over Row (10 reps)</u>	<u>Single Leg Airplane Row (10 reps)</u>	<u>Overhead Press (10 reps)</u>	<u>Squat (10 reps)</u>
Hip CONTROL (Hamstring)	<u>3D Hamstring</u>	<u>Hurdle to External Rotation to Fold</u>	<u>90 90 to Hurdle and Fold</u>	<u>90 90 to Hurdle to Lift</u>

For Additional **HIP CONTROL** Exercise www.fitstoronto.com/hip