

Side Hip Drills

Standing: Single Leg Stance

- drop root of lifted leg thigh down
- Hug base outer hip in to level the pelvis (need a stable base from the foot and strong outer hip to keep your balance)
- Ground evenly through base foot

Standing on Yoga Block to strengthen base leg outer hip

- Hip hike
- Psoas Swings
- Side kicks
- Circles

*Rest

- Going Up Front, Side, Back