

Unionville High School Hip Flexors and Back School

In and Outs

Focus:

- Keep feet 6" off ground
- Straighten legs and lock knees
- Pull knees to chest
- Keep chest up and out



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Bicycles

- Keep feet 6" off ground
- Straighten legs and lock knees
- Make ovals with foot movement
- Pull knees to chest
- Keep chest up and out

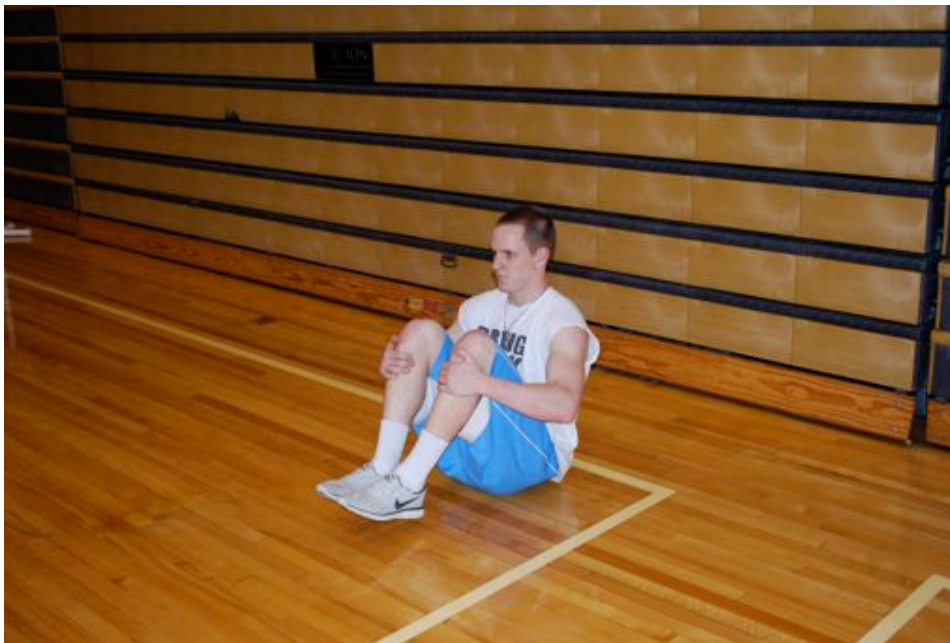


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Crunchy Frogs

Focus:

- Keep feet 6" off ground
- Straighten legs and lock knees
- Pull knees to chest
- Keep chest up and out
- Tap knees with hands



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Mason Twists

Focus:

- Balance on glutes
- Keep back straight and chest up
- Rotate shoulders with hands
- Hands together, alternate touching floor on either side of hips



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Leg Scissors

Focus:

- Lie on back
- Start with one leg at 6" off ground
- Raise other leg to 90 degrees
- Keep knees locked out and straight
- Hold for 2 seconds, then switch leg positions
- Keep bottom leg from touching floor



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Supine 2 Legged Bridge

Ball Position – Lower calves on ball, control raise, straight line

Motion – Lift and Lower

Comments – Arms out to side

Challenge – Bring arms to sides



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Bent Leg Hip Extension

Ball Position – Prone over ball, bent knees

Motion – Extend hip/leg, one leg at a time, alternate legs

Comments – Flex hamstring, glute, and lower back



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Supine Hip Extension

Ball Position – Head and Neck on Ball

Motion – Raise up and down, lift and lower hips

Comments – good body lines



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Crunches

Ball position – Supine on ball, ball under hips/lumbar spine

Motion – perform forward crunch

Comments – hands on chest



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Oblique Crunches

Ball Position – Supine on ball

Motion – Perform oblique crunches

Comments – Hands on chest



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Back Extensions

Ball Position – Prone on ball, feet wide

Motion – Extend/lift upper body and then lower

Comments – hands in empty can position, arm out in IR position



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Alternating Supermans

Ball Position – Supine on ball, four points of contact

Motion – Extend arms with opposite leg extension

Comments – opposite hand and opposite leg



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Supine Lateral Rolls

Ball Position – Neck and shoulders on ball, bench position

Motion – Roll out to elbows and return

Comments – the further out the more difficult



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Ball Plank Challenge

Ball Position – Shins on ball, plank/push up position

Motion – pull knees to chest (tops of feet stay on ball), push legs back out

Comments – Do a push up in between each movement

