

Side Lying Bent Knee Hip Abduction "Clams"



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Strengthen hip abduction.

Benefit:

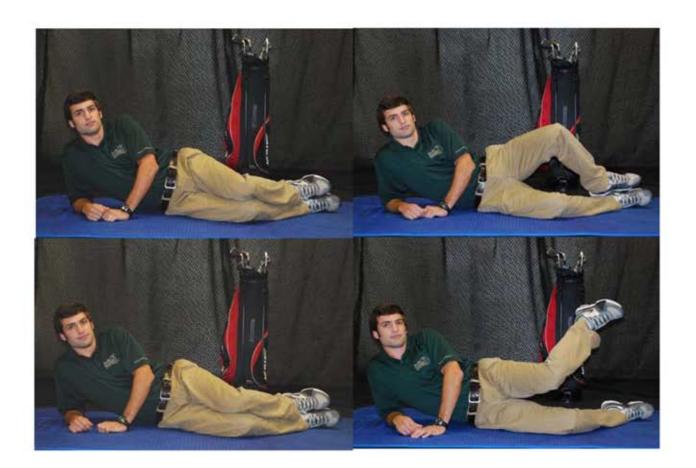
Improve hip stability creating a more stable base for backswing and downswing positions.

Instructions:

Lie in side lying position with legs bent and together. Place hand on outside of top hip. Raise knee up, keeping hip/pelvis from rotating outward. Hold at top 2-3 seconds, release back down slowly. Repeat.

Quantity:

Do	reps	sets on	side(s).



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