



## Hip Bias Exercises Non-Weight-bearing

### Purpose:

Improve strength of the gluteus maximus and gluteus medius

### Benefit:

Improved stability, strength and power with less lateral motion of the lower body in golf.

### Instructions:

**CLAM:** Hook lying on your right side with tubing or band around knees, lift the top knee as far as you can and hold for one minute. Repeat \_\_\_\_\_ times and then repeat \_\_\_\_\_ times on the left side.

**HIP ABDUCTION:** Lying on your right side with the left knee bent to 90 degrees. Place your right foot in front of your left knee with tubing or band around knees, lift the top knee 12-16 inches and hold for one minute. Repeat \_\_\_\_\_ times and then repeat \_\_\_\_\_ times on the left side.

**FIRE HYDRANTS:** Begin in quadruped with band around your knees. Lift the right knee up and out to the side with the foot below the knee and hold for one minute. Repeat \_\_\_\_\_ times and then repeat \_\_\_\_\_ times on the left side.



CLAM



HIP ABDUCTION



FIRE HYDRANTS