

LWC DISTANCE HIP STRENGTH

CLAM ROUTINE X 3 EACH (SLOW)

- Clams – 8 reps each side
- Reverse Clams – 8 reps each side
- Reverse Air Clams – 8 reps each side

LEG RAISE ROUTINE X 3 EACH (SLOW)

- Lateral Leg Raises – right side, then left side
 - Neutral – 8 reps per leg
 - Toes In – 8 reps per leg
 - Toes Out – 8 reps per leg

GRANT GREEN ROUTINE X 3 EACH (SLOW)

- Donkey Kicks – 8 reps each leg
- Donkey Whips – 8 reps each leg
- Fire Hydrant – 8 reps each leg
- Knee Circles Forward – 8 reps each leg
- Knee Circles Backward – 8 reps each leg

PEDESTAL ROUTINE X 1-2 EACH (SLOW)

- Pedestal Leg Lifts – right side, then left side
 - Build to 8 reps per leg