

## HIP SERIES

### Open / Close



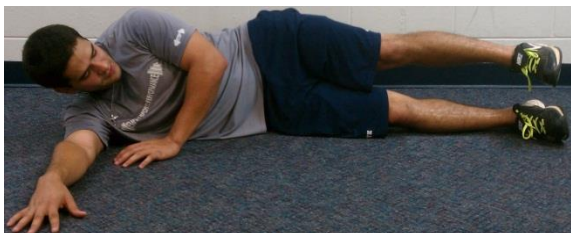
Start with legs together.



Athlete will raise top leg up (slow and controlled) and back down. Top leg should have toe pointed up towards athlete at all times. Once one leg is done, switch over on other side and perform the same thing with other leg.

***\*12 reps each leg\****

### Knee Ups



Start with legs together.



Athlete will bend their top leg towards them (slow and controlled) and back down. Top leg should have toe pointed up towards athlete at all times. Once one leg is done, switch over on other side and perform the same thing with other leg.

***\*12 reps each leg\****

## *Circles*



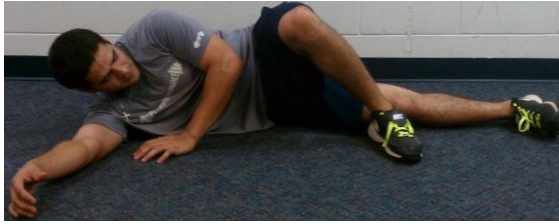
Start with legs together.



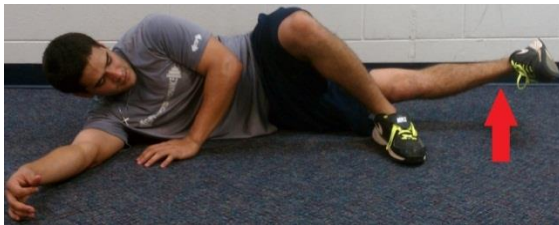
Athlete will perform small circles (slow and controlled). Top leg should have toe pointed up towards athlete at all times. Once one leg is done, switch over on other side and perform the same thing with other leg.

***\*12 reps each leg\****

## *Bottom Leg Raises*



Start with top leg curled in.



Athlete will raise their bottom leg (slow and controlled).

Once one leg is done, switch over on other side and perform the same thing with other leg.

***\*12 reps each leg\****