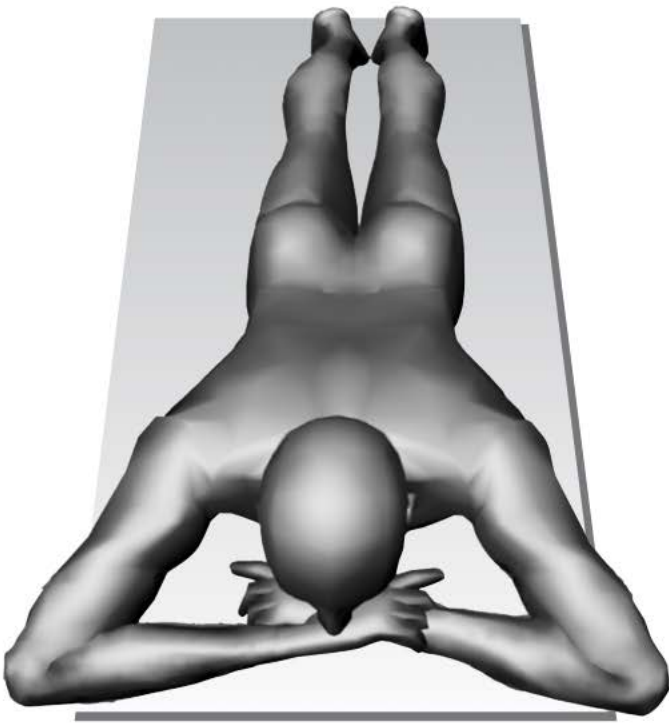
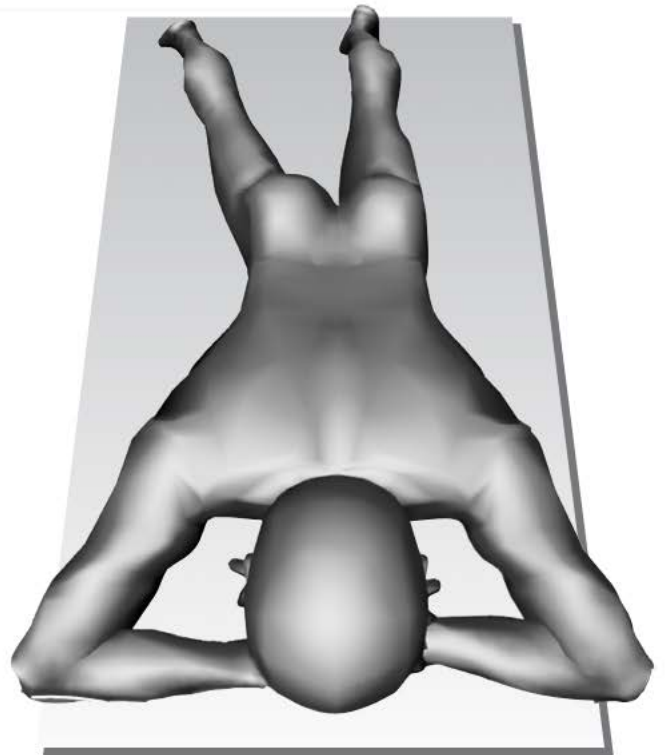


A



B



Hip Abduction — Face-Lying Position (Figures A-B)

- Purposes:**
- To improve performance of hip abductor and gluteus medius muscles
 - To improve the performance of the hip extensor muscles
 - To improve the performance of the hip adductor muscles

Starting position: Lay face down with your legs straight and relatively close together.

- Method:** Perform variation if box is checked
- Place a pillow under your abdomen
 - Place your fingers on the bones on front of your pelvis to monitor the movement
- Contract your buttock muscle to slide your leg out to the side
Do not let your pelvis move
Return your leg to the starting position
Repeat with your alternate leg

Repetitions: _____