



Strengthen Your Hips Circuit Beginner Routine

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The recommendation from the American College of Sports Medicine is to perform strength training exercises 2-3 days a week on non-consecutive days. Below is a lower-body workout that targets the quadriceps/hamstrings and gluteal muscles. These exercises will improve lower body strength/endurance, while proving stability for the core. For each exercise, perform 2-3 sets of 12-15 repetitions, with 30-60 seconds of rest in between each set. Exercise mats can be purchased at any sporting goods store or discount department store, such as Wal-Mart, K-Mart, or Target.

Quadruped Hip Extension



START



FINISH

Set-Up: Start in an all-four position on the mat. Align legs so they are hip-width apart. **Execution:** Squeeze the backside as you straighten leg. **Safety Tip:** To minimize low back pain, do not excessively arch or twist the lower back.

Chair Hip Extension



START



FINISH

Set-Up: Lie down with your back against the floor, with the backside 3-4 inches from chair. **Execution:** Lift hips off the ground, squeezing the backside at the top of the lift. Lower bodyweight slowly back to floor and repeat. **Safety Tip:** Keep core tight by pressing lower back into floor before lifting up to minimize back pain.

Assisted Single-Leg Squat



START



FINISH

Set-Up: Grab a chair, along with a stick. Place the foot of the back leg on the chair. Take two steps forward with the front leg, maintaining a straight line from the ankle, knee to hip. Foot remains pointing forward. **Execution:** Squat down with the front leg until the knee of the back leg is several inches from the floor. Squat up and repeat. **Safety Tip:** Make sure the knee of the front leg does not pass over the toe while squatting down to minimize knee pain.

Wall Sit



Set-Up: Place back against the wall. Squat down where thighs are parallel to the floor. Adjust feet where heels are directly under the knees. **Execution:** Hold stationary position for 30-60 seconds. **Safety Tip:** Arch back while holding squat, keeping upper back against the wall to minimize lower back pain.

References: American College of Sports Medicine (ACSM); National Strength and Conditioning Association (NSCA), Titleist Performance Institute (TPI)