



Sidelying Hip Abduction (Clams)
Starting position:

Lying on your side with your body straight and your knees bent to 90 degrees. A resistance band can be placed around your thighs just above your knees.

Movement:

Keeping your body straight and your feet touching, slowly lift your top knee up and back, leaving your bottom knee in place. DO NOT roll onto your back. Slowly return to starting position.



Perform ____ Reps ____ Sets ____ X/day