



Hip Lift (Single Leg Bridge)

Starting position:

Hold one knee tight to chest with hands. Have other knee bent 90 degrees with foot on floor. Tuck a tennis ball or similar object between thigh and stomach on the leg you are holding.

Movement:

Bridge your hips up toward ceiling by pushing down through heel on floor. Make sure that opposite knee stays tight to chest and relaxed so tennis ball doesn't fall out.

Perform ____ Reps ____ Sets ____ Times a day

