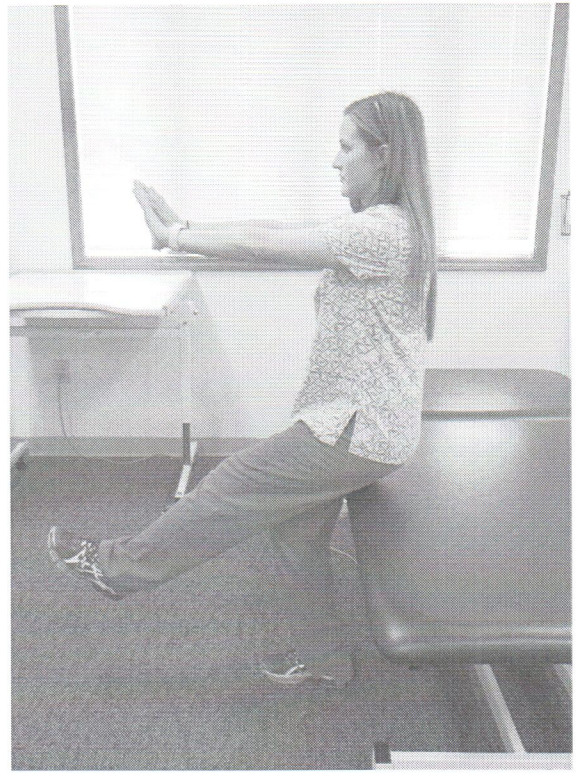


## Hip Strengthening exercises for runners

**Single leg Squat:** Standing on leg making sure to have hip/knee/ankle in alignment. Now slowly sit back making sure to not allow knee to roll in or fall forward while maintaining good back alignment.



**Standing PNF against wall:** Start down in a calf stretch position, slowly move one knee up towards wall in alignment with belly button, while raising up on toe of foot on ground then back to starting position.





## Hip Strengthening exercises for runners

**Standing single leg diagonals:** Stand on one leg with slightly flexed knee, watch alignment, move ball diagonally across body while maintaining knee stability.



**Single Leg squat with diagonal reach:** Stand on one leg, sit back while reaching down and across your body maintaining good knee alignment, focus on control.





## Hip Strengthening exercises for runners

**Side lying Planks with running man:** Get into modified plank position and hold, while holding slowly move top leg into running motion, being sure to maintain core/posture for stability



**Running man on step:** Place one foot on step with trunk slightly leaned forward and hold, then move other leg in a CW/CCW rotation maintaining stability in core/knee of static leg.

