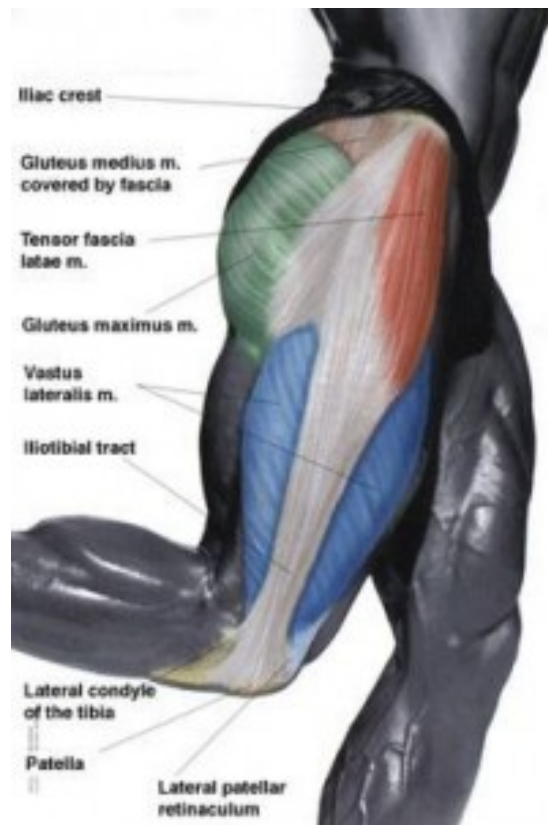
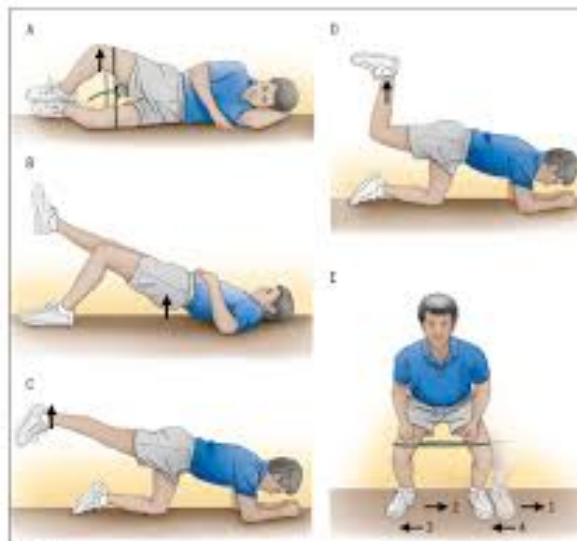


## Stretching Quads and TFL/ Activating Gluts





**HIP EXERCISES.** (A) Core exercise: while lying on your side with knees bent, slide the top leg upward. (B) Single-leg bridge exercise: while lying on your back with one knee bent and the other leg straight, lift your buttocks off the floor or table using the lines that is bent, while keeping the other leg straight. (C and D) Hip-extension exercises on all fours: while on hands and knees, extend one leg upward—this exercise can be done with the leg straight (harder) or with the knee bent (easier). (E) Side-step exercise: while in a slight squat position, take small steps sideways, while keeping your feet pointed forward.