

MCHS DISTANCE STRENGTHENING AND MOBILITY/STABILITY ROUTINES

(Revision GF 1/6/20)

GLUTE STRENGTHENING ROUTINE (2 sets x 10-15 reps for each exercise)

(Progression = add weights or resistance bands)

- 1) **Double Leg Bridge:** (laying on back, chin tucked in, shoulders flat on ground arms extended to side/palms down on ground to help stabilize; push up hips/engage core; hold for 30-60 seconds)
- 2) **Single Leg Bridge Raise:** (start in same position as Double Leg Bridge; keeping knees bent, alternate raising each leg, up to where lower leg is parallel to ground)
- 3) **Single Leg Bridge Extensions:** (start in same position as Double Leg Bridge; while holding bridge, alternate extending each leg straight out)
- 4) **Single Leg Hip Thrust:** (start in same position as Single Leg Bridge Extension; keep leg elevated and knee bent, drive from hips up/down; do all reps on one leg, then switch legs)
- 5) **Donkey Kicks:** (start on all fours, with hands directly beneath shoulders and knees directly below hips; keep knees bent/ankle locked, raise leg to height of hip)
- 6) **Fire Hydrants:** (start in same position as Donkey Kicks; keeping knee bent at 90 degrees, lift leg away from body at 45degree angle; complete one side, then repeat alternating leg)
- 7) **Clam Shells:** (start laying on side, both knees bent at 90 degrees, rest head on bent bottom arm with top hand on hip; Keep abs tight and feet together, raise top knee without letting hips rotate backward, hold for 2-3 seconds, switch legs)
- 8) **Side Lying Leg Lift:** (start in same position as Clam Shells, but with legs straight; lift top leg up; keep hips steady and back straight, hold for 2-3 seconds, switch sides)