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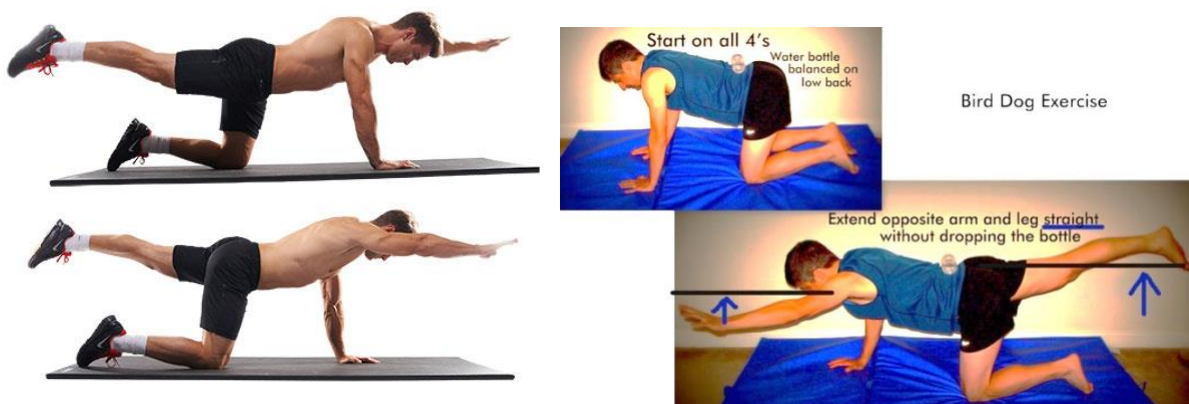
How to Fix Weak Hips (5 exercises)

By committing to a hip-strengthening regimen 3 times a week, you will increase the stability of core and hip abductors. Not only does that mean fewer injuries and less knee pain, but it can also translate into faster times in the long run.

Side Leg Raises: Lie on your side with your legs stacked on top of one another. Lift your top leg to about 45 degrees and then lower it back down. Repeat 15 to 20 times per leg.



Bird Dog: Get on all fours on the ground. Focusing on balance, lift your right arm and extend it straight out in front of your body. Simultaneously, lift your left leg and extend it out behind your body. Bring your extended arm and bent knee back to center under your body, and then extend them both out again. Repeat 15 to 20 times on each side. Concentrate on keeping pelvis level. Can you balance a water bottle?



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Hip Hikes: Standing on one foot, drop the left side of your pelvis a few inches downwards while keeping the **right side in a neutral position** (even). Activate your right hip muscles and lift your left side back to the starting position. Repeat 15 to 20 times, switch to the other side. (You can use a stair if you do not have a riser)



Single-Leg Bridge: Lie on your back with both legs bent and your feet flat on the ground. Lift your right leg off the ground and extend it while you raise your lower back and butt. Hold the position for two seconds and lower back downwards in a controlled manner. Notice the straight line in second picture. Repeat 10 to 15 times on each leg.



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Donkey Kicks: Get on all fours again, but this time you will only be lifting and extending your legs, keeping your hands on the ground. Instead of extending the leg backwards like you did during Bird Dogs, keep the knee slightly bent and kick upwards, with the bottom of your shoe facing the sky. Repeat 15 to 20 times on each side.

DONKEY KICK



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