

On to the Exercises! Single Leg Hip Hinge Progressions

If stiff hip flexors are a problem, get them to relax first

- Hip flexor stretch
- Soft tissue work

- **Glute Bridge, Alternating Glute Bridge, One Leg Glute Bridge**
- **Hip Thrust, Alternating Hip Thrust, One Leg Hip Thrust**
- **Cable One Leg RDL, One Leg RDL Off Box, One Leg RDL w/ Db or Kb, One Leg RDL w/ 2 Db's or Kb's, One Leg RDL w/ Farmers Bar, One Leg RDL w/ Barbell**
- **Other options include one leg reverse hypers, one leg glute ham raises, one leg ball leg curls, band stomps, bird dog variations**

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Glute Med Exercises

- **These can help with the hip hinge exercises just covered**
- **Need to get optimal balance among glute med, tfl and QL (QL should stabilize, gm and tfl should work together w/ abduction**
- **Clam Shell, Clam Shell w/ band, (posterior gm emphasized w/ ext rotation) Side Leg Raise on Wall, Side Leg Raise w/ band, Hip Airplane, Band Side Steps.**

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Exercises to Improve Hip and Trunk Stabilization

- **Can get glute muscles, abdominal muscles, back muscles, adductors, etc. all working together happily and merrily**
- **Carries over to any activity you can think of; Need to be able to control this region and stabilize appropriately so that power and force can be transferred through the linkage optimally. Energy leaks need to be eliminated.**
 - More home runs, higher jumps, harder punches, faster sprints

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Exercises to Improve Hip and Trunk Stabilization

- Video
- Side Bridge on Knees, Side Bridge, Rotating Side Bridge Elevated, Rotating Side Bridge, Suitcase Hold, Side Hold
- Half Kneeling Cable Hold, Tall Kneeling Cable Hold, Half Kneeling Rope Chop, Half Kneeling Rope Lift, Offset Farmers Carry
- Low to high chops, high to low chops, horizontal chops

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Single Leg Squat Progressions

- Make sure glutes, obliques, etc. are all in proper working order before advancing with these
- Beginning/base progressions
 - Split Squat, Reverse Lunge, Step up, Bulgarian Split Squat, One Leg Box Squat, Elevated One Leg Squat, One Leg Squat w/ foot to the rear, One leg Squat w/ foot to the front

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Single Leg Squat Progressions

- **Advanced/Diesel Progressions**
 - Front Reverse Lunge, Yoke Bar Reverse Lunge, Barbell Step Up, Front One Leg Box Squat, Barbell Reverse Lunge
 - These can be used for heavier training for advanced athletes
 - Helped me to keep getting stronger while staying away from heavy BL work after an injury
 - WILL add pounds to your BL lifts
 - WILL help make you a beast on the field or court
 - Farmer's bar 1leg deadlift/barbell 1 leg deadlift/bb hip thrust work well when going heavy for single leg hip hinge movements to go with these squatting progressions

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Conclusion

- Using these exercise progressions will help to build the proper stability, control and strength from head to toe that all athletes need to dominate the competition
- Find out where the athlete is at, what they need or lack and go from there
- Bottom Line- Adequate lumbopelvic control, glute function and hips that are balanced *enough* will ensure optimal movement, force development and performance

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Thank You

- Send me your questions!
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