

HIP MOBILITY & STRENGTH

Hip mobility and strength are foundational to low back health, knee health, and athletic performance. This PDF combines FRC hip mobility with hip strengthening exercises.

Hip Mobility (Dr. Spina)

Active hip mobility exercise, not just passive stretching. Simultaneously improves range of motion and strength.

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Hip Circuit

6 lateral hip strengthening exercises done without rest. Targets the glute medius and hip abductors.

Hip Lift

Isolated hamstring strengthening without glute or low back involvement. Stabilizes the knee and hip.

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Glute Medius Hip Lift

Targeted stabilisation and strengthening of the glute medius. Important for hip and knee alignment.

90/90 Internal Hip Rotation (PAILs/RAILs)

FRC PAILs & RAILs in the 90/90 hip internal rotation position. Builds end-range hip rotation strength.

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Hip Sleeper (PAILs/RAILs)

PAILs & RAILs in the hip sleeper stretch position. Increases hip internal rotation range of motion and strength.