

# Bia – Hip strengthening routine

## Outline

1. Clams x 20
2. Lateral leg raises x 15-25
3. Donkey Kicks x 15-25
4. Donkey whips x 15-25
5. Fire hydrant x 15-25
6. Knee circles – forward x 15-25
7. Theraband balance x 15 repetitions with each leg
8. Standing hip flexor x 15
9. Standing hip abductor x 15
10. Hip hikes x 15

## Goals

The hips play a major role in keeping runners healthy. Numerous scientific research studies have proven that runners routinely suffer from weak, tight, and under-developed hip muscles.

These hip muscle groups are particularly important because they've been implicated in a range of running injuries. Weak hips can often be the cause of IT band pain, patella tendonitis (runner's knee), piriformis issues, sciatica, and a myriad of other common running injuries.

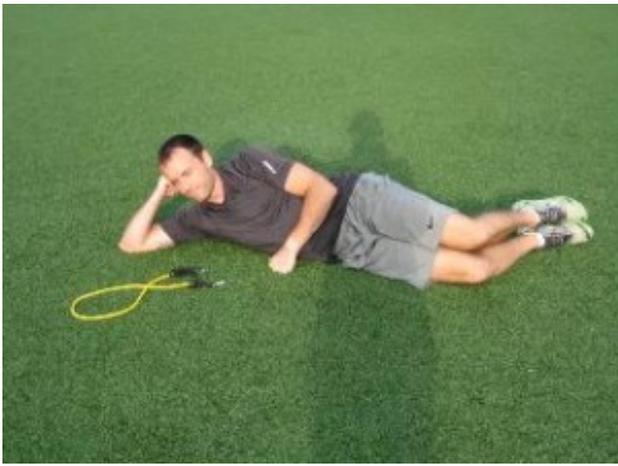
This routine is a preventative set of exercises designed to work all the muscles in the hip and glutes while also increasing flexibility and range of motion.

## Watch the Video

## Images and Descriptions

You can download the video and the PDF at the bottom of this page.

## Clams



### **Value for runners:**

This exercise improves the control and function of the gluteus medius, a muscle found to be weak in distance runners with IT band issues. By working it in this way, the balance between the anterior and posterior hip muscles will be restored. It is not OK to substitute this exercise for the multi hip machine at the gym!

### **Instructions:**

Keep the pelvis perpendicular to the floor rather than rolling backwards, which is a way to cheat this exercise. Hold for 10 seconds at the top; work up to 20 repetitions.

### **Lateral Leg Raises**



### **Value for runners:**

Lateral leg raises engage the glutes and hips, which will help prevent. This is a compliment to the donkey kick exercises you'll do next as it engages the latter range of movement and opening up the adductors.

### **Instructions:**

Focus on engaging the glute muscle on your top leg. Use slow movements and keep your foot in a neutral position. Perform 15-25 repetitions per leg.

## **Donkey Kicks**



### **Value for runners:**

Donkey Kicks accentuate good hip extension, strengthen the glutes, and teach your body to make footstrikes under your center of mass.

### **Instructions:**

Keep your abs tight and your back flat. Imagine placing a broomstick on your back and keeping it in place throughout the entire movement. Perform 15-25 repetitions per leg.

### **Donkey Whips**



### **Value for runners:**

Donkey whips help increase hip strength, flexibility and mobility.

### **Instructions:**

Keep your abs tight and your back flat and bring your leg out to the side while trying to keep it relatively straight. Imagine placing a broomstick on your back and keeping it in place throughout the entire movement. Perform 15-25 repetitions per leg.

### **Fire Hydrants**





### **Value for runners:**

This is another exercise that helps isolate and activate the hips and glutes while also “opening them up” for better flexibility.

### **Instructions:**

Keep your abs tight and your back flat. Focus on keeping your lower back flat and straight and lifting your leg only with the use of your hip and glutes.

### **Knee circles forward**





### **Value for runners:**

Knee circles combine the three movements to create the ultimate dynamic exercise to strengthen the hips and glutes and increase flexibility.

### **Instructions:**

Like the previous three exercises, the back should remain flat and stable with the entire movement emanating from the hip and glute. Perform 15-25 repetitions each leg.

### **Theraband balance drill**





### **Value for runners:**

This exercise will improve your balance, foot strike and strengthen your abductors. This is especially useful for runners who suffer from excessive leg crossover.

### **Instructions:**

Attach one end of a theraband to a solid object and loop the other end just above your knee (Your opposite leg should be outside the band). Balance on the leg not looped in the band and, keeping the leg attached to the theraband perpendicular to the ground (not tilting inwards), move up and down like a running motion. Hold at the top (with your knee up for 2 seconds) and then quickly touch your foot to the ground before bringing it back up. Advanced runners can stand on a balance board or close their eyes for added difficulty. Perform 15-25 repetitions each leg.

### **Standing hip flexor**





### **Value for runners:**

This will improve hip flexor strength, which aids in knee drive and helps support the hips and core muscles.

### **Instructions:**

Put your right foot in the resistance band and turn so you are facing away from the band's anchor. Keeping your right leg straight, lift it forward to a count of two, then release it back down to a count of two. 15 times each leg

### **Standing hip abductor**





### **Value for runners:**

This is an advanced version of the lateral leg raise you performed earlier.

### **Instructions:**

Standing with your left leg slightly behind you, keep your right leg straight and lift it out to the side. Pull the leg attached to the theraband across your body to a count of two, then release it back to a count of two. Switch legs and perform x 10 each leg. Use a light theraband.

### **Hip Hikes**





### **Value for runners:**

This exercise will improve knee control, which is critical for runners who suffer from IT band issues.

### **Instructions:**

Keep the leg on the step straight and don't use it to help bring your other leg back up. The movement up should come from the hip. perform 15 x each leg.

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