

## Notes :

**1 Hip external rotation with band**

Attach a band around the ankle on the side and secure the other end of the band on your side. Lay down on your stomach with the band coming from the side.  
Bend the knee at 90 ° and move the leg alternately to the right and to the left, to pull the band toward the midline of your body.  
Come back to the starting position-under control-and repeat.

Sets: 3 Repts: 10

**3 Hip external rotation on all fours with band**

Start on all fours with your back flat and a band around your knees.  
Keeping your knees bent, open and rotate one knee out to the side at a height that allows you to keep your pelvis and shoulders parallel to the floor.  
Return to the starting position and repeat the exercise.

**5 Deep external rotators activation**

Lay down on your side with your head supported under the bottom arm and the top hand on the floor for stability.  
Place your top knee on an object so your thigh stays aligned with your pelvis and bend the bottom leg 90° at the hip and knee.  
Lift your foot up to externally rotate the leg.  
Lower under control and repeat.

**2 Glutes activation**

Lie on your stomach with your knees bent 90 degrees and your feet together.  
Push the feet together to contract your buttocks. Do not arch your lower back.  
Hold the isometric contraction for the required time.  
Relax and repeat.

**4 Hip external rotation on all fours**

Start on all fours with your back flat.  
Keeping your knee bent, open and rotate one knee out to the side at a height that allows you to keep your pelvis and shoulders parallel to the floor.  
Return to the starting position and repeat the exercise.

**6 Standing posture**

In a standing position, correct your flat feet (pronating foot) and/or your femoral internal rotation (knee cap looking inward) by squeezing your buttocks and externally rotate your femur.  
Hold the position and relax.  
Increase the difficulty by applying the same activation while walking.

Reps: 10 Hold: 15

**7 Clamshell in neutral with band**

Lie on your side with a band around your thighs, just above your knees.  
Your thighs should be in line with your torso and your knees bent to 90°.  
Keeping your feet touching, raise your upper knee as high as you can without shifting your hips or pelvis.  
Don't move your lower leg off the floor.

**8 Hip ext. rotation strength.**

Attach one extremity of an elastic band around your ankle and attach the other extremity to a solid object on your side.  
In standing, put your knee on a stool and position yourself so you will be pulling your foot towards the inside to externally rotate your hip.  
Only your hip should rotate, your body should stay perfectly still and straight.

## Notes :

**1 Hip external rotation with band**

Sets: 3 Reps: 10

GEN292589

**2 Glutes activation**

GEN111719

**3 Hip external rotation on all fours with band**

GEN298652

**4 Hip external rotation on all fours**

GEN297639

**5 Deep external rotators activation**

GEN308669

**6 Standing posture**

Reps: 10 Hold: 15

GEN17250

**7 Clamshell in neutral with band**

GEN443205

**8 Hip ext. rotation strength.**

GEN112667