PACE): Here Is Your Workout



Hip Matrix.matt.walsh



PACE)



Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



Lay on side, knees bent 90deg	1	Reps	Weight	Notes
Thighs either slightly in front of you, or aligned with torso (per	2			
therapist instructions) Keep knees slightly apart,	3			
pelvis steady, and lift top foot as high as possible towards	4			
the ceiling Repeat up to 20 times (good	5			
form!) Repeat on the other leg.	6			



Sets	Reps	Weight	Notes
1			
2			
3			
4			
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6			



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	5			
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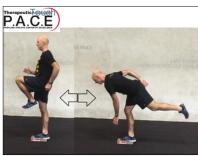


Exercise should be felt in the	
back side of the buttock of the	Ī
stance leg.	L

9	Sets	Reps	Weight	Notes
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Sets	Reps	Weight	Notes
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From march position, slightly	Sets	Reps	Weight	Notes
bend knee and hinge at hip from stance leg while reaching with opposite hand. Keep back straight, knee controlled, and make body a stable lever with minimal swaying. Rise with a straight trunk into				
march position.	5			
	-			



Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



In a quadraped position, keep	Sets	Reps	Weight	Notes
lower back flat and core engaged. Raise & Reach opposite arm and leg, stretching your body long and keeping hips stable. Alternate	1			
	2			
	3			
side to side.	4			
	5			
	_			



,				
On all 4's, water bottle at	Sets	Reps	Weight	Notes
small of the back. Lift one leg up, straight back,				
ideally getting the thigh parallel to the torso. Keep knee BENT as far as	2			
	3			
possible. Use core well to maintain	4			
position of the water bottle. Avoid shifting hips away from	5			
the lifted lea	6			



Sets	Reps	Weight	Notes
1			
2			
3			
4			
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6			

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