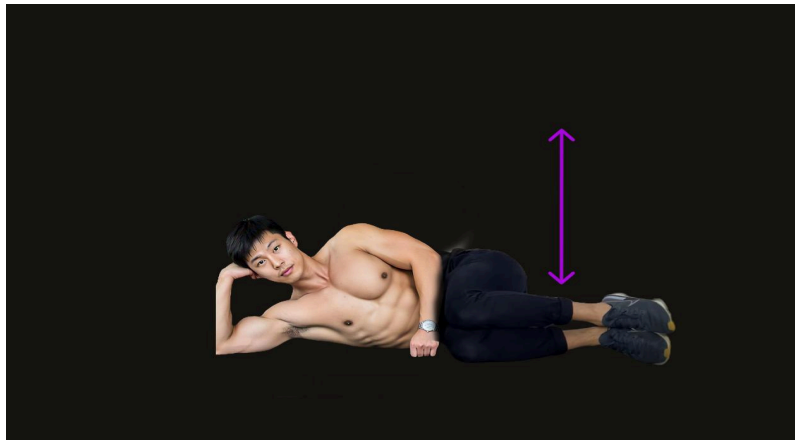


Hip Instability Exercises

Exercise	Set	Reps	Rest	Per Day
Clamshell Exercise	2–3	10–15 per side	30–60 seconds between sets	Daily or 3–4 times per week

Steps:

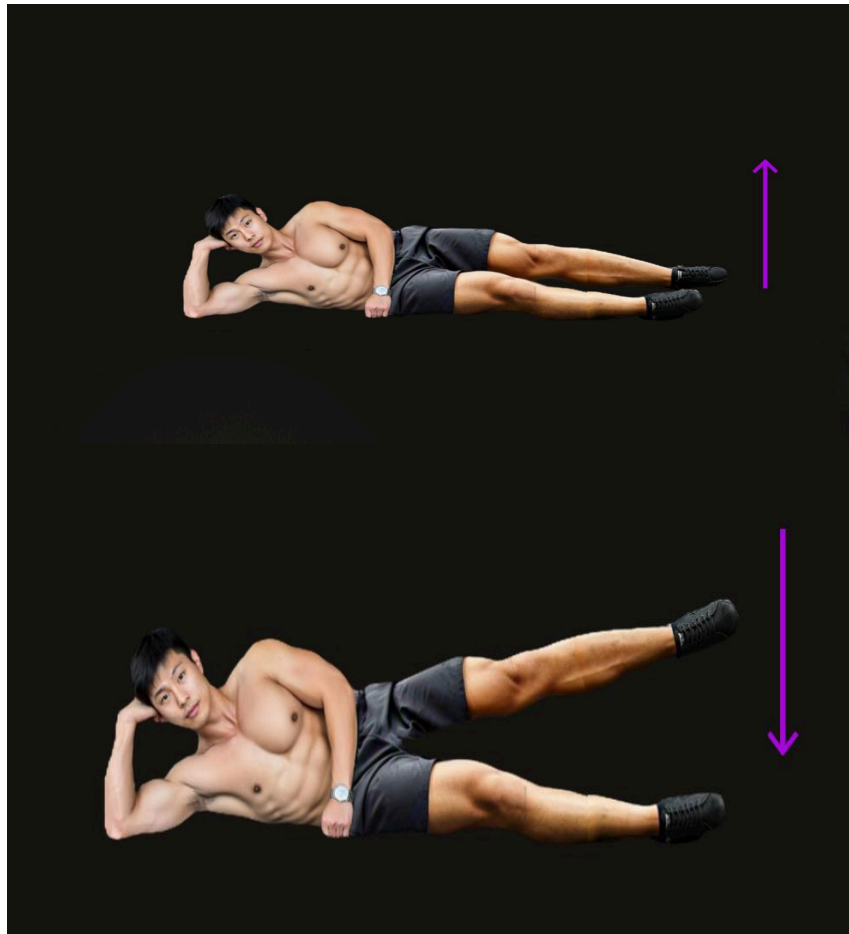
1. *Start Position: Lie on your side with knees bent at 90° and feet together.*
2. *Engage Core: Tighten your abs to stabilize your spine.*
3. *Lift Knee: Keeping feet together, raise your top knee as high as possible without rotating your hips.*



Exercise	Set	Reps	Rest	Per Day
Leg Raises Exercise	2–3	10–12 per side	30–60 seconds between sets	Daily or 3–4 times per week

Steps:

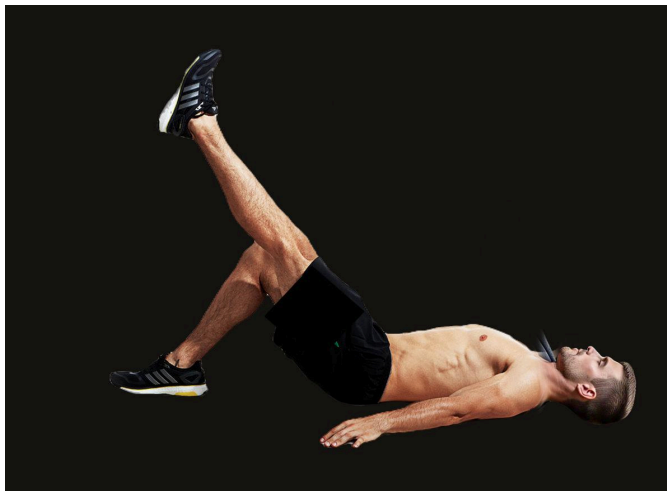
1. *Start Position: Lie on your back with legs straight and hands under your lower back for support.*
2. *Engage Core: Press your lower back into the floor.*
3. *Lift Legs: Raise both legs until they form a 90° angle with your torso.*



Exercise	Set	Reps	Rest	Per Day
Single Leg Bridges	2-3	10-12 per leg	30-60 seconds	

Steps:

1. Lie on your back, knees bent, feet flat on the floor.
2. Extend one leg straight out (keep it in line with your other thigh).
3. Push through the heel of the foot on the floor to lift your hips up.
4. Hold the top position for 1-2 seconds.
5. Lower your hips back down with control.



Strengthen the Transverse Abdominis, Obliques, and Lower Back Exercise

Exercise	Set	Reps	Rest	Per Day
Dead Bugs Exercise	2–3	10–12 per side	30–60 seconds between sets	Daily or 3–4 times per week

Steps:

1. *Start Position: Lie on your back, arms extended toward the ceiling, knees bent at 90°.*
2. *Engage Core: Press your lower back into the floor.*
3. *Extend Opposite Arm & Leg: Lower your right arm and left leg toward the floor without arching your back.*

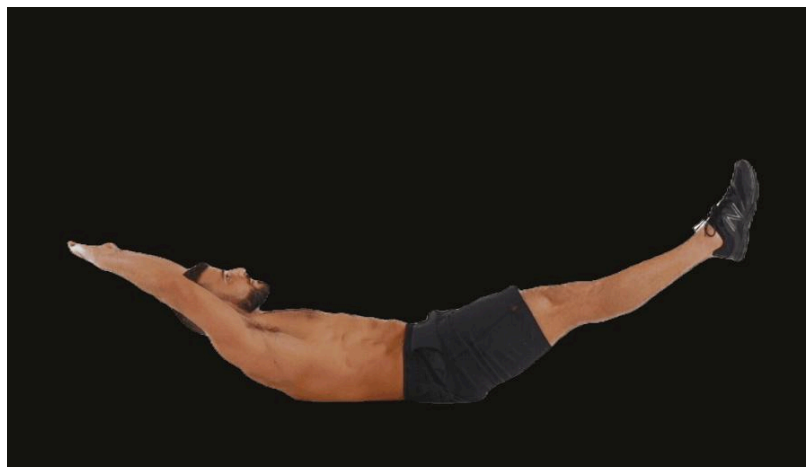


Strengthen the Transverse Abdominis, Obliques, and Lower Back Exercise

Exercise	Set	Reps	Rest	Per Day
Hollow Body Hold	2–3	3–5	30–60 seconds	Once daily (or 3–5x/week)

Steps:

1. Lie flat on your back with arms extended overhead and legs straight.
2. Engage your core by pressing your lower back into the floor.
3. Lift your arms, shoulders, and legs slightly off the ground.
4. Keep your body in a curved "hollow" shape—like a shallow bowl.
5. Hold this position without letting your lower back arch.



Strengthen the Transverse Abdominis, Obliques, and Lower Back Exercise

Exercise	Set	Reps	Rest	Per Day
Side Plank Exercise	2-3	10-12 hip lifts per side	30-60 seconds	

Steps:

1. Lie on your side with your legs straight and stacked.
2. Prop yourself up on your elbow (shoulder directly above the elbow).
3. Engage your core and lift your hips off the ground.
4. Keep your body in a straight line from head to feet.
5. Hold the position without letting your hips sag.



Strengthen the Transverse Abdominis, Obliques, and Lower Back Exercise

Exercise	Set	Reps	Rest	Per Day
Standing Oblique Crunches	2	10–12 per side	30 seconds	

Steps:

1. Stand with feet shoulder-width apart, hands behind your head (like a sit-up position).
2. Lift your right knee up while bringing your right elbow down to meet it—crunch at the side.
3. Return to start and repeat on the left side.
4. Continue alternating sides in a controlled motion.



Strengthen the Transverse Abdominis, Obliques, and Lower Back Exercise

Exercise	Set	Reps	Rest	Per Day
Bird Dog Exercise	2–3	10–12 per side	30–60 seconds between sets	Daily or 3–4 times per week

Steps:

1. *Start Position: On all fours, hands under shoulders, knees under hips.*
2. *Engage Core: Keep your spine neutral and abs tight.*
3. *Extend Opposite Arm & Leg: Reach your right arm forward and extend your left leg back.*

