Module 3 - Specific Strength

1. Drive down with theraband x 20-25 with each leg
2. Theraband drive back x 20-25 with each leg
3. Donkey kicks with theraband x 15-20 with each leg
4. Single leg glute bridge on stability ball x 15-20 with each leg
5. Swiss ball one legged hip thrusts x 15-20 with each leg

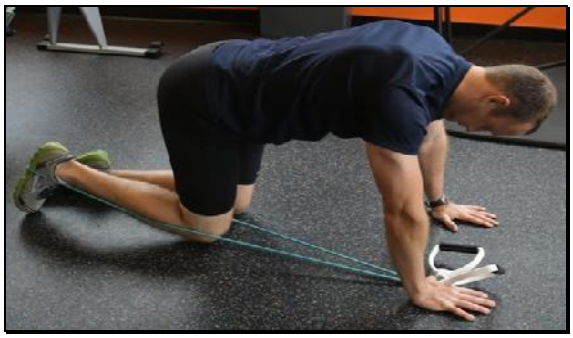
Drive down with theraband

Stand with your foot strapped into a theraband or cable pulley machine at the gym, facing a post or the cable machine. Balance on one foot (it's ok to hold onto another object for balance) and bring your knee so it's roughly perpendicular to your thigh. With your foot in the band, drive down with your foot, focusing on generating the power from your hips and glutes, so that your forefoot touches the ground just under your center of mass. Slowly bring the leg back up and repeat.

Theraband drive back

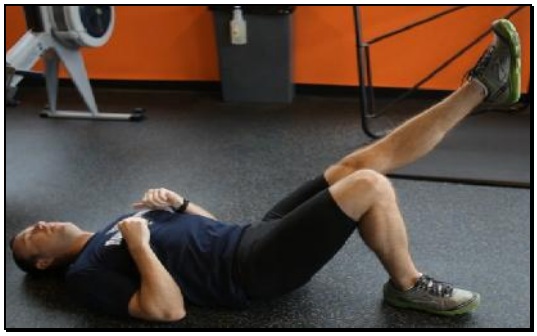
With your foot attached to a theraband or cable machine, face the structure holding the band or cable. Balance on one foot (it's ok to hold onto another object for balance) and bring your leg slightly in front of you. Drive backwards with your foot in the band. Focus on generating the movement from your glutes and hamstrings. Slowly bring the leg back up and repeat.

Donkey kicks with theraband



Start on all fours. Insert a theraband so one end is wrapped around your knee and the other the bottom of your foot. Extend your leg back and up, focusing on contracting with your glutes.

1-legged glute bridge on stability ball



Lie flat on your back with one leg bent, foot flat on a stability ball, and the other leg flat on the ground. Slowly lift your pelvis off the ground by contracting your glutes and core while keeping your shoulder blades flat on the ground.

Swiss ball one legged hip thrusts

Lie flat on your back with one leg bent, foot flat on a stability ball and the other leg in the air, straight and in line with the thigh of your opposite leg. Slowly lift your pelvis off the ground by contracting your glutes and core while keeping your shoulder blades flat on the ground