

SIDE LYING BENT KNEE HIP ABDUCTION "CLAMS"



20 A: Start



20 B: Finish

Purpose: Strengthen hip abduction.

Benefit: Improve hip stability creating a more stable base for backswing and downswing positions.

Instruction: Lie in side lying position with legs bent and together. Place hand on outside of top hip. Raise knee up, keeping hip/pelvis from rotating outward. Hold at top 2-3 seconds, release back down slowly. Repeat.

Quantity: Hold _____ _____ reps _____ set(s)

Re-Educate

