



## Side Lying Bent Knee Hip Abduction “Clams”

**Purpose:**

Strengthen hip abduction.

**Benefit:**

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

**Instructions:**

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:**

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

