



Get Hip on Resist-A-Ball®

Presented by Reneé Spriggs

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Saturday, May 31, 2008 5:00 PM–6:00 PM

Objective: To develop core strength and stability while enhancing hip mobility necessary for cycling performance.

- Benefits of Using the Resist-A-Ball
- Cycling-specific benefits to improve the integrity of the hip joint and stimulate proprioception, utilizing the Resist-A-Ball
- Exercises

Seated Isometric Adduction
Supine Incline Hack Squat
Supine Bridge Hip Extension
Supine Incline Figure 4 Stretch
Side-lying Hip Abduction
Prone Plank Spinal and Hip Flexion
Prone Plank Quad and Hip Flexor Stretch
Prone Plank Pike
Prone Plank Pike Stretch
Forward Bending Hip Extension
Forward Bending Hip Stretch
Prone Plank Knee Extension
Prone Over Ball Hip Extension
Supine Elevated Leg Hip Extension
Supine Elevated Leg Hamstring Stretch
Supine Elevated Leg Curl
Supine Elevated Leg Figure 4 Stretch
Side-lying Figure 4 Stretch
Supine Incline Quad Stretch
Seated Hamstring Stretch
Seated Hip Flexor Stretch
Seated Adductor Stretch
Seated Figure 4

Notes:

**Please remember to submit a session evaluation.
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