

And 3x 2-4 of these as a strength exercise

STRENGTH 2-3 SETS (~3min rest between sets)	REPS	Notes:
1. Side Plank w. Hip Abduction (leg raise) Banded optional.	x10 ea.side	band around ankles (harder), above knees (easier)
2. Box step-ups (w. reverse lunge)	x10 ea.side	Try not to push off the ground, instead engage the glutes of the leg you are stepping up on
3. Single leg RDL 2 way reaches ,	x10 ea. side	
4. Banded Hamstring Curls , Swiss Ball Curls , Nordic Curls ,, or SL Hamstring curl	x8 ea. side	bosu ball, band or machine, make sure to engage the core and don't arch your back.
5. Copenhagen Plank w. Variations	x10 ea. side	
6. Curtsy Squat w. weight	x10 ea. side	