

HIP STRENGTHENING PROGRESS

Name: Week of:

EXERCISE	SETS/REPS	MON	TUE	WED	THU	FRI
Clamshells						
Glute Bridges						
Side-Lying Leg Raises						
Bird-Dog						
Hip Marches (Seated)						
Lateral Band Walks						
Single Leg Stance						

WEEKLY GOALS & PAIN LEVELS (1-10)

Template for tracking consistency and resistance progression.