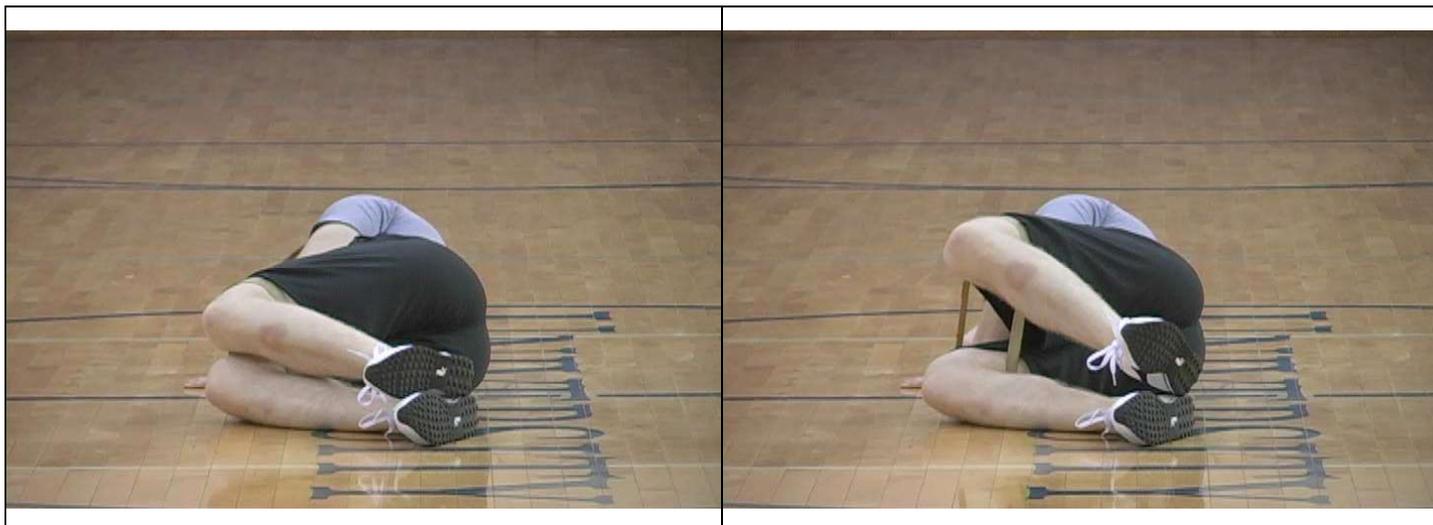


10.2 – BAND RESISTED CLAMS



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To train the gluteals to produce and resist external rotation.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Place a light band around your feet, and slide it up so that it rests just above your knees. ▪ Lie on your side with your hips and knees bent, and feet together.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Brace your core, and slowly rotate your left leg away from the floor. ▪ Keep both feet together throughout the movement, and rotate your hip as far as you can without moving the lower back. ▪ Return to the starting position.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Keep the core tight and rotate from the hips versus the lower back. Hip range of motion may be limited at first, especially when adding resistance. ▪ It may help to think about swiveling through your heel. This should facilitate better gluteal function.