

Date/Week				
Record your actual # sets (S__), repetitions (R__) and Weights (W__)				
Adduction and Hip Internal Rotation	2 x 30 sec hold	S_____R_____	S_____R_____	S_____R_____
Sumo Squat	2 x 20 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Medicine Ball Leg Lift	2 x 20 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Adductor Squeeze	10 x 5 sec hold	S_____R_____	S_____R_____	S_____R_____
3-Point plank (switch legs 5 sec)	2 x 30 sec	S_____R_____	S_____R_____	S_____R_____
Thigh Adductor	2 x 20 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Hanging Leg Raises	2 x 10 reps	S_____R_____	S_____R_____	S_____R_____
Groiners	2 x 20 reps	S_____R_____	S_____R_____	S_____R_____
Side Plank	2 x 20 sec hold	S_____R_____	S_____R_____	S_____R_____
Band Hip Adductors	2 x 20 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____

Date/Week				
Record your actual # sets (S__), repetitions (R__) and Weights (W__)				
Adduction and Hip Internal Rotation	2 x 30 sec hold	S_____R_____	S_____R_____	S_____R_____
Sumo Squat	2 x 20 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Medicine Ball Leg Lift	2 x 20 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Adductor Squeeze	10 x 5 sec hold	S_____R_____	S_____R_____	S_____R_____
3-Point plank (switch legs 5 sec)	2 x 30 sec	S_____R_____	S_____R_____	S_____R_____
Thigh Adductor	2 x 20 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____
Hanging Leg Raises	2 x 10 reps	S_____R_____	S_____R_____	S_____R_____
Groiners	2 x 20 reps	S_____R_____	S_____R_____	S_____R_____
Side Plank	2 x 20 sec hold	S_____R_____	S_____R_____	S_____R_____
Band Hip Adductors	2 x 20 reps	S_____R_____W_____	S_____R_____W_____	S_____R_____W_____