

Core/Hip routine for new girls

The following is our core/hip routine for new girls.

1. Pedestal routine

Note: keep your body straight, contract/tighten your abs during each plank

- Front plank (on elbows) – 30 seconds
- Left side plank (on elbows) – 30 seconds
- Reverse plank (on elbows) – 30 seconds
- Right side plank (on elbows) – 30 seconds

2. Myrtl

Note: see the Myrtl video in order to do these exercises correctly, and make sure everything is still other than the joint/muscles you are trying to work.

- **Laying on your side:**
 - Clams – 10 reps/leg
 - Leg lifts w/ foot down – 8 reps/leg
 - Leg lifts w/ foot neutral – 8 reps/leg
 - Leg lifts w/ foot up – 8 reps/leg
- **On your hands and knees:**
 - Donkey kicks – 10 reps/leg
 - Fire hydrants – 10 reps/leg
 - Knee circles forward – 10 reps/leg
 - Knee circles backward – 10 reps/leg
- **Standing up:**
 - Side to side leg swings – 10 reps/leg
 - Front back swings w/ straight leg – 10 reps/leg
 - Front back swings w/ bent leg – 10 reps/leg
 - Hurdle trail leg forward – 10 reps/leg
 - Hurdle trail leg backward – 10 reps/leg