



Costa Performance Hip Stability Level 1

| Exercise | Reference | Reps |
|------------------------|-----------|----------------------|
| 1. DL & SL Glute Bride | | 2x10 DL 2x5SL ea |
| 2. Outside Leg Raises | | 2x10 E |
| 3. Bird Dogs | | 2x 10 Alternating |
| 4. Rear Pillar Bridge | | 2x20s hold |
| 5. Transverse Squat | | 2x5 ea |
| 6. SL Squat | | 2x5e |
| 7. Frog Presses | | 2x20 |
| 8. Kneeling Scorpion | | 2x10E |