



## ADVANCED TRAINING AND PERFORMANCE

### Clam shells



#### Exercise Description

1. Find a medium to high intensity band and place the band above your knees.
2. Lay on your side with knees slightly in front of your hip - legs bent to about 90 degrees
3. Keeping your hips “stacked” vertically and feet together, rotate your hip up
4. sets/ reps
  - o 3-4 times/week
  - o 2-3 sets
  - o 10-15 reps

#### The Why

This should work on hip strength. You want to use the muscle in your bottom not the front of your hip, low back or hamstrings. These muscles are used to help control the motion of your hip, knee and ankle. Building strong hips will help with strength and power during athletic movements.

