



ADVANCED TRAINING AND PERFORMANCE

Fire hydrant



Exercise Description

1. Find a medium to high intensity band and place the band above your knees.
2. Get on your hands and knees with elbows over your wrists and hips over your knees
3. Keeping your core tight and back flat, rotate one hip “back and away”.
4. Sets and reps
 - 3-4 times/week
 - 3-4 sets
 - 10-12 reps

The Why

This should work on hip and core strength. This exercise is aimed at building strong hips to help with athletic type movements.

