

# ROCK CITY FITNESS

## *PREP/CORRECTIVE EXERCISES*



HIP EXTENSION (EXERCISE) START



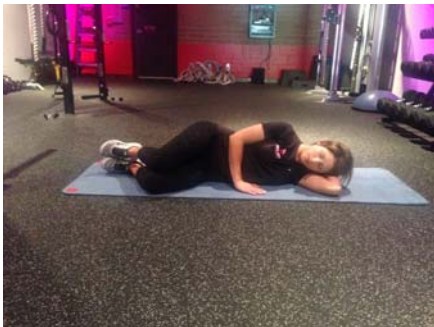
HIP EXTENSION (EXERCISE) FINISH



LEFT LEG BRIDGE (EXERCISE) START



LEFT SIDE BRIDGE (EXERCISE) FINISH



RIGHT ABDUCTION (EXERCISE) START



RIGHT ABDUCTION (EXERCISE) FINISH



HIP FLEXION (EXERCISE) START



HIP FLEXION (EXERCISE) FINISH



TOTAL BODY COMBO (EXERCISE) START

### ***GUIDELINES:***

PERFORM PRIOR TO WORKOUT AND/OR ON OFF DAYS.

STRETCHES: HOLD 20-30 SECONDS

EXERCISES: 1 SET x 10-15 REPS



**ROCK CITY**  
FITNESS