



Triphasic Hip Strengthening Exercise Series

Complete Each Block for 2 to 3 weeks and Perform 2 to 3 times each week.

Weak hips are often mistaken for a weak core. [Blocks 1,2 and 3 Download](#)

Block 4 - OCI Hip Series - Perform 2-3 Sets x 5-10 Seconds Each Exercise

[Banded Abduction Glute](#) - Complete Each Side - Rest 20 to 30 Seconds

[Banded Adduction Groin](#) - Complete Each Side - Rest 20 to 30 Seconds

[Supine Glute Ham Single Leg Banded OCI](#) – Complete Each Side - Rest 20 to 30 Seconds

[Psoas Prone Banded Single Leg OCI](#) - Complete Each Side - Rest 20 to 30 Seconds

Block 5 – Rebound Hip Series - Perform 2-3 Sets x 5-10 Seconds Each Exercise

[Abduction Standing Rebound Shock](#)- Complete Each Side - Rest 20 to 30 Seconds

[Adduction Standing Rebound Shock](#) - Complete Each Side - Rest 20 to 30 Seconds

[Supine Glute Ham Banded Rebound Shock](#) - Complete Each Side - Rest 20 to 30 Seconds

[Psoas Prone Banded Rebound Shock](#) - Complete Each Side - Rest 20 to 30 Seconds

Block 6 – Cocontraction Hip Series - Perform 2-3 Sets x 5-10 Seconds Each Exercise

[Standing Hip Abduction AFSM Cocontraction](#)- Complete Each Side - Rest 20 to 30 Seconds

[Standing Hip Adduction AFSM Cocontraction](#)- Complete Each Side - Rest 20 to 30 Seconds

[Supine Glute Ham Banded AFSM Cocontraction Speed](#) - Complete Each Side - Rest 20 to 30 Seconds

[Psoas Prone Banded AFSM Cocontraction Speed](#) - Complete Each Side - Rest 20 to 30 Seconds

[These Workouts are from the Triphasic Peaking method manual.](#)