Buchanan Circuit hip and core stability exercises

Do the following exercises once or twice a day, slowly and with purpose.

Lying on your side, body in a straight line, now bend the leg closest to the ground for support, now support your head by your hand, opposite hand supporting your body by placing it on the ground by your waist so you will not be tilting either forward or back. Once you start the workout, the leg doing the work should not rest. **Do these slow and with purpose**. Remember**: YOUR LEG IS THE ONLY PART OF YOUR BODY DOING THE MOVEMENT, PERIOD.** Never progress unless you have mastered the exercises, start off with doing each exercise 5 times, once you have mastered and feel stronger do 10 times each exercise, moving up to 20 times for each exercise.

1. From the starting position bring the knee forward 90 degrees, allowing your lower leg to flex, like you would be climbing up a stair, now back to the starting position, once you get to the starting position ,extend your leg back a 5-15 inches, depending on your flexibility, and then back to the starting position for a count of 1. **(Called Flexion and extension workout)**

2. From the starting position bring the straight leg up about 6 to 8 inches and back down**. (Called short arc abduction)**

3. From the starting position bring the knee forward 90 degrees, but not extend your lower leg straight out, next bring you leg back to the starting position and keep going so that you extend your leg backward and return to starting position. **(Called the bicycle)**

4. From the starting position bring your leg up to about 12 to 16 inches and back down**. (Called long arc abduction)**

5. From the starting position you are going to make circles with the leg straight in a clockwise direction, then in a counter clockwise direction. **(Called foot circles)**

New position for starting, have your palms and knees on the ground for this exercise, all body limbs are at 90 degrees, be sure when you are doing this exercise to look at your knee on the ground or straight at the ground, **never look forward.**

6. From this starting position, raise your right arm and left leg to be parallel to the ground, hold for 5 seconds, and repeat with your left arm and right leg to be parallel to the ground. **(Called Bird dog pose)**

Progression for this exercise is the following: 1st week hold pose for 5 seconds each side repeated 5 times, 2nd week hold pose for 10 seconds repeated 5 times, 3rd week when in the pose position, instead of holding it steady, with your leg only, do not move your stretched out opposite arm, do the following, make 3 circles to the left/counter clockwise, stop and now 3 circles to the right/clock wise, change leg and arm and repeat this 5 times. 4th week do leg circles 5 times going to the left/counter clockwise and to the right/clock wise.

New position for starting, lying in a supine, face up position, with your arms at your side, your legs bent at 90 degrees and you knees bent at 90 degrees. **(Called Dead Bugs)**

7. From this starting position, take your right arm from your side and raise it above your head at the same time extend your right leg out so that it is straight and 2 to 5 inches off the ground, hold this pose for 5 seconds and repeat with the left arm and left leg repeat 5 times. If you can’t hold it for 5 seconds, or if your lower back comes off contact with the ground, either do it for less time or keep your leg in somewhat of a bent position. You will not progress until you can hold that pose for the 5 seconds.

Progression for this exercise is the following: 1st week hold pose for 5 seconds on each side and repeat 5 times, 2nd week hold pose for 10 seconds repeat 5 times, 3rd week when in the pose position, instead of holding it steady, with your leg only, do not move your stretched out opposite arm, do the following, make 3 circles to the left/counter clockwise, stop and now 3 circles to the right/clock wise, change leg and arm and repeat this 5 times. 4th week do leg circles 5 times going to the left/counter clockwise and to the right/clock wise.