









## RESTORE: The Hips Program (Stability/Strength) – Prep Week 1

Week 1	Day 1	2	3	4	5	6	7
	 <p>Read, study. Seek to understand the overall program goals. Order any equipment if needed. Don't wait!</p>	 <p>Go to...STEP 1: Training Prerequisites. Read and test. Do you have a good understanding of these prerequisites?</p>	 <p>Go to...STEP 1: How to Begin: Basic Hip Hinging. Watch, learn, and then practice, practice, practice!</p>	 <p>Repeat Day 3, OR if you are ready, move to STEP 2: Assessing Hip Stability. (You also have the option of repeating Day 2 - if the Prerequisites deserve more attention, do that first).</p>	 <p>Go to...STEP 2: Assessing Hip Stability - End Range Lift-Off for Hip Extension. What have you learned?</p>	  <p>Go to...STEP 2: Assessing Dynamic Stability. Single Leg Balance or Squat. *If you are going to assess stability on a single leg during running, today would be the day to get video and assess.</p>	 <p>Spend today reviewing everything you have learned about the program AND about yourself to this point. What is your next step, literally? Use that information to move forward!</p>