22 Hip raises - intensive

Quantitative criteria **Strength**

Repetitions	8 – 15
Movement rhythm	Continuous movement
Sets	3
Rest between sets	1 minute
Total exercise time	4 minutes
Exercise units	2 – 3 times per week if possible

Starting position

Lie on the back. One leg bent, the other leg stretched out, arms parallel to the body.

Description of movement

Raise hips until there is a straight line through the raised leg to the shoulders.

Finishing position

Lower the hips without touching the mat. Continuous movement. Change to the other side.