

ITB REHAB ROUTINE

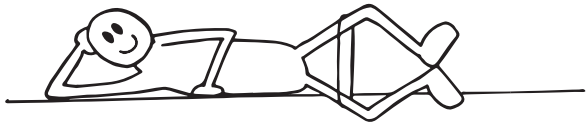
1. LATERAL LEG RAISES

x30
per leg



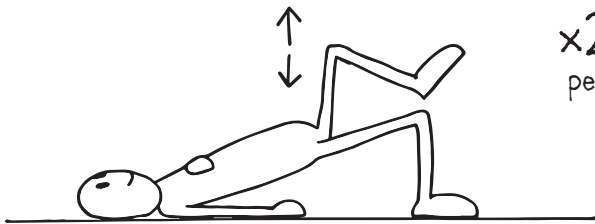
2. CLAM SHELLS

x30
per leg



3. HIP THRUSTS

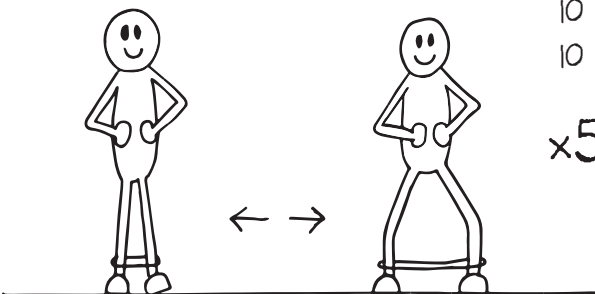
x25
per leg



4. SIDE-STEPS / SHUFFLE

10 steps R
10 steps L

x5 sets



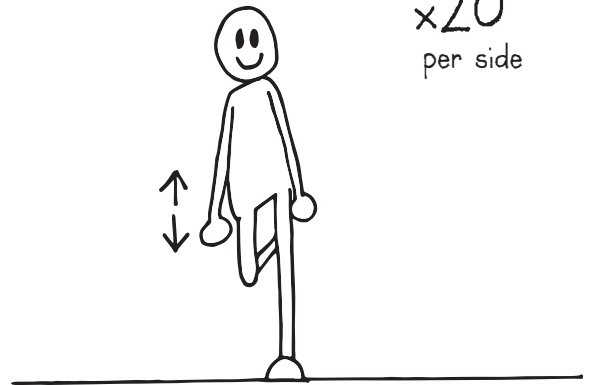
5. PISTOL SQUATS

5-10 squats



6. HIP HIKES

x20
per side



7. IRON CROSS

x20

