

Lang Volley's Hip Stability, Mobility & Strength Progression Card

Phase 1: Joint Prep & Mobility:

1. 90/90 Hip Switches. (40 seconds each side)

- Sit tall in a 90/90 position and rotate side to side.
- Lift back foot, kick straight, and add reach & torso rotation.

2. Half-Kneeling Hip Flexor Stretch w/ Kettlebell

- One leg back, one leg opened to the side.
- Load front leg, squeeze glute, lean laterally, and reach overhead.

3. Quadruped Rock Backs (Wide Knees)

- Maintain a flat back & neutral spine.
- Reach hips toward heels while bracing core. Don't round spine or tuck pelvis.

4. Joint Mobilization with Band

- Anchor a large loop band low around the upper inner thigh.
 - Face sideways to anchor and let the band pull the hip outward.
 - Shift weight slowly in and out. Perform static holds & small pulses.
 - Focus: opening joint space and femur glide.
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Phase 2: Activation & Control:

1. Assisted Airplanes (Progress to bodyweight)

- Balance on one leg and rotate the torso open and closed.
- Use a hand or stick for light assistance. Control hip & spine position.

2. Glute Bridge with Band

- Keep ribs tucked & pelvis tucked.
- Pause at the top for 3–5 sec with a strong glute squeeze.
- Lower slowly and with control.

3. Copenhagen Plank

- Start with a short lever (knee on bench) & progress to long lever (foot).
 - Add slow up/down pulses after holding 20+ seconds becomes easy.
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Phase 3: Strength & Stability:

1. Banded Lateral Walks / Monster Walks

- Stay low with knees wide. Maintain constant band tension.
- Step slow and deliberate—avoid bouncing or leaning.

2. Bulgarian Split Squats (Elevated Rear Foot)

- Lean slightly forward to bias glutes.
- Keep the front knee aligned and stable. Brace core throughout.

3. Cossack Squats

- Deep lateral lunges to open hips and build control.
- Grip feet to floor. Add kettlebell/dumbbell for loading.

4. Single-Leg Romanian Deadlifts

- Square hips, keep torso level.
 - Reach long with the back leg and maintain balance.
 - Start light and move slowly for control.
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Finisher: Hip Flow Sequence (2 Rounds)

- 90/90 Hip Switch x 5 per side
- Airplane Hold x 3 per side (10 sec each)
- Cossack Squat x 4 per side
- Glute Bridge Hold with Band x 30 sec

Weeks 1-2: Focus on mobility and activation

Weeks 3-4: Introduce strength movements and bodyweight control

Weeks 5-6: Combine into 3-move circuits (Mobility + Activation + Strength)