



Key Points

Glute medius stabilize
lateral movement

CROSSWALKS: step on
band shoulder-width

- Side-step while maintaining
shoulder-width

LATERAL BRIDGE: Start on
matt with supporting arm
directly under shoulder

- Feet stacked, core tight
- Raise up - raise your top leg
lower - back down
- Place hand in front for more
support if needed



CROSSWALKS AND LATERAL BRIDGE



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