



**BRUIN
P.A.W.S.**

HAPPIER HIPS

IN 30 DAYS (Beginner, Level 1)

If your hips are tight or weak, this 30 Day Challenge is for you! Happy Hips can decrease back pain and prevent injuries. Become an #ActiveBruin!

Click on activity name to view a video example

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<p><u>Kneeling Hip Flexor Stretch</u> Up to 45 secs</p> <p><u>Glute Bridge w/Loop</u> Up to 30 secs</p>	<p><u>Squat</u> Up to 30 secs</p> <p><u>Standing Quad Stretch</u> Up to 45 secs</p> <p><u>Foam Roll Calf</u> Up to 60 secs</p>	<p><u>Kneeling Hip Flexor Stretch</u> Up to 45 secs</p> <p><u>Hip Thrust w/Loop</u> Up to 30 secs</p>	<p><u>Side-lying Clamshell</u> Up to 20 secs each</p> <p><u>Side Plank</u> Up to 15 secs each</p> <p><u>Figure 4 Stretch</u> Up to 45 secs</p>	<p><u>Hip Hinge</u> Up to 30 secs</p> <p><u>Hamstring Stretch</u> Up to 45 secs</p>
WEEK 2	<p><u>Kneeling Hip Flexor Stretch</u> Up to 45 secs</p> <p><u>Narrow Hip Bridge</u> Up to 30 secs</p>	<p><u>Pause Squat</u> Up to 10 reps</p> <p><u>Standing Quad Stretch</u> Up to 45 secs</p> <p><u>Soleus Stretch</u> Up to 45 secs</p>	<p><u>Kneeling Hip Flexor Stretch</u> Up to 45 secs</p> <p><u>Hip Thrust w/Loop</u> Up to 30 secs</p>	<p><u>Side-lying Leg Raise</u> Up to 20 secs each</p> <p><u>Side Plank</u> Up to 15 secs each</p> <p><u>Figure 4 Stretch</u> Up to 45 secs</p>	<p><u>Loaded Romanian Dead Lift</u> Up to 30 secs</p> <p><u>Hamstring Stretch</u> Up to 45 secs</p>
WEEK 3	<p><u>Plank Lunge</u> 3-5 each side</p> <p><u>Bridge Walk</u> Up to 30 secs</p>	<p><u>Split Squat</u> Up to 10 reps each leg</p> <p><u>Standing Quad Stretch</u> Up to 45 secs</p> <p><u>Foam Roll Calf</u> Up to 60 secs</p>	<p><u>Plank Lunge</u> 3-5 each side</p> <p><u>Single Leg Hip Thrust</u> Up to 20 secs each</p>	<p><u>Lateral Monster Walk</u> Up to 30 secs</p> <p><u>Side Plank</u> Up to 15 secs each</p> <p><u>Figure 4 Stretch</u> Up to 45 secs</p>	<p><u>Loaded Romanian Dead Lift</u> Up to 30 secs</p> <p><u>Hamstring Stretch</u> Up to 45 secs</p> <p><u>Hip Flexor Myofascial Release</u> Up to 60 secs</p>
WEEK 4	<p><u>Plank Lunge</u> 3-5 each side</p> <p><u>Single Leg Hip Bridge</u> Up to 20 secs each</p>	<p><u>Back Lunge</u> Up to 10 reps each leg</p> <p><u>Standing Quad Stretch</u> Up to 45 secs</p> <p><u>Soleus Stretch</u> Up to 45 secs</p>	<p><u>Plank Lunge</u> 3-5 each side</p> <p><u>Single Leg Hip Thrust</u> Up to 20 secs each</p>	<p><u>Side Plank Clamshell</u> Up to 20 secs each</p> <p><u>Lateral Monster Walk</u> Up to 30 secs</p> <p><u>Figure 4 Stretch</u> Up to 45 secs</p>	<p><u>Single Leg Romanian Dead Lift</u> Up to 20 secs each</p> <p><u>Hamstring Stretch</u> Up to 45 secs</p> <p><u>Hip Flexor Myofascial Release</u> Up to 60 secs</p>



HAPPIER HIPS IN 30 DAYS (page 2)

If your hips are tight or weak, this 30 Day Challenge is for you! Happy Hips can decrease back pain and prevent injuries. Become an #ActiveBruin!

Repetitions per set: Perform as many reps as you can with good form “up to” the target number for that day.

Sets per day: Perform 4-8 sets of the repetitions assigned for that day. Space out the sets over your day. (Example: 10am, 12pm, 2pm, and 4pm, etc.) Beginners should start with fewer sets.

Missing your Cardio? Feel free to add 30-60 seconds of cardio activity to any of your movement breaks.

Low Impact Cardio examples: Walk, March In Place, Butt Kickers, Step Side to Side, Low Impact Jack

High Impact Cardio examples: High Knees, Butt Kickers, Hop side to side, Jumping Jack, Run in place, Football Feet, Jump rope

The remaining 10 days of the month are “Free Days”. Go for a walk, mix and match your favorite exercises, or take a REST day.

Safety Reminder: Exercise should not be painful. If you feel sharp pain in a joint or muscle, stop. Perform a pain free alternative. Tired muscles while doing exercise or right after exercise are typically normal.

What's next? Move on to another monthly Bruin PAWS calendar and KEEP MOVING! recreation.ucla.edu/paws



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