

Hip Extension

Stand with the Cufline handle around and in front of one ankle and the other ankle inside the selected tubing. The leg with the handle around it should be placed forward slightly for balance. Keeping the exercise leg straight, stretch the band(s) forward.



Exercises should be done for 2 sets of 10 repetitions, 3-4 times a week.
All routines are done standing unless noted otherwise.

The primary muscles used are the gluteus maximus, the biceps femoris, the semitendinosus, and the semimembranosus.

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Muscles of Back of Hip and Thigh

