

C.21

Clam Shells

Drill Skill Module - Lower Body Conditioning



- 1 Start by laying down on your side with knees stacked and bent at a 90 degree angle and feet in line with your back. You may rest your head in the crook of your arm and rest the opposite arm on your hip or on the floor in front of you.
- 2 Lift stacked knees, calves and feet off the floor.
- 3 Keeping your hips and feet stacked, slowly lift your top knee up to open your legs, keep feet together. Remember to engage your glute during this drill.
- 4 Slowly lower your knee back to the stacked position and repeat.
- 5 Repeat this motion for a number of repetitions then alternate sides.

Supplies / Aids:

Video

Equipment Needed:

- 1 Resistance Band (Optional)

Notes:

Tips & Tricks

Modification:

- 1 Increase the difficulty by using resistance bands on lower thigh above the knees.



CONDITIONING