

# Clamshell



**Description:** Lie on your side and stack your legs on top of each other. Each joint (shoulder, hip, knee, ankle) should be directly above the lower joint in the starting position. Tuck your knees forward at a 45 degree angle. While keeping your pelvis steady, raise the top knee into the air. Actively contract the glutes at the top of the movement, then return to your starting position.

**Sets/Reps:** 3 sets of 10-15 repetitions.

**Common Mistakes:** Rolling the midsection backwards with each leg lift.

**Target Muscles:** Glutes.

**Modifications:** If this exercise is easy, wrap a resistance band around the legs just above the knees to increase difficulty.

**\*\*Tip:** Place your top hand on your hip bone to cue stabilization (ie. avoiding letting the hip drop backwards).

*If you have any questions ask one of the Wellness Center staff and we will be glad to assist you.*

