



## Lower Body – static and dynamic movements

- Whilst you may be feeling that your hips are tight or achy, there may be other reasons for this, which is why we are targeting the lower body and spine with these movements.
- If you feel a release or activation elsewhere, not in the hips or legs, Bonus! As long as it is not painful.

### 90/90 (adding forward fold, switches and hip thrust)

Notes: Keep your torso upright, placing hands on the floor behind you, close to buttocks, if needed.

When switching (with or without hands on floor), take time to pause in 90/90 for isometric stretch.

You may add the forward fold towards the front bent knee. Keep buttocks/back hips on the floor. Try with a straight/neutral spine.

When adding the hip thrust, pause long enough to engage glutes and keep the spine neutral. No rounded back and shoulders.



### Couch Stretch – kneeling or standing variation

Notes: Keep spine upright/neutral not allowing ribs to stick out or back to arch (i.e. no spinal extension). If standing, bring knees even with each other and activate glutes of targeted leg.



## Groin/Adductor Rocking

Notes: If sitting back in the lateral knee lunge is challenging, try the kneeling hip adductor stretch.



### KNEELING HIP ADDUCTOR STRECH

Kneel down on your target side knee. Place the opposite leg directly out to the side. Next, lean towards the side as you bend the "up" knee for a stretch to the inner thigh of the target leg.

If you prefer the Butterfly Stretch, add forward fold for extra credit. Keep spine neutral; no rounding. Or, if needed, use a roller to release adductors. Keep the leg relaxed, letting the inner thigh rest on the roller. Move the leg slowly back and forth.



## Cossack Squats (lateral lunge/adductor stretch) – static or dynamic

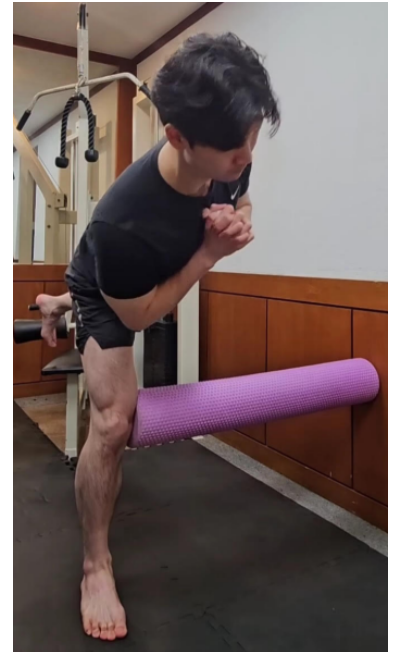
Notes: You may hold the lunge and make it more of an isometric stretch, hands on the floor if necessary. Or, you may make this more of a dynamic movement switch from side to side. If you wish to make this an actual strengthening exercise, then feel free to add a kettlebell.



## Hip Mobility (with foam roller support of standing leg)

Notes: To start, try to keep everything else still, with spine upright and micro bend in standing leg knee. Lift leg forward, then externally rotate over roller. If the roller is too high, move below the standing leg knee. Keep hips facing forward.

If you wish, practice your single leg Romanian Deadlifts with the roller supporting the adductor (inner thigh) of the standing leg. You may even add an external rotation in the standing leg hip.



You may also see the full movement sequence on [YouTube](#) (note if watching the video: his height does not allow him to lift his leg over the roller with the precise 90-degree bend in the knee to external rotation movement)

## Hamstring Stretch/Hip Movement with Strap(s)

Notes: Use a yoga strap fastened in a long loop. Similar to the above Hip Mobility sequence, except done lying down. You may choose to use only one strap if alone, or if you wish you may use a second looped strap to harness stretching/moving hip. Open stretching leg out to the side into external rotation, rest leg on a block or bench to allow the adductors to enjoy the stretch. Bring the stretching leg across the mid line of the body into internal rotation to possibly get into the IT band. Keep back of the hips on the floor. Watch for arching in the lower back and turning out/in of leg extended on the floor. As an option, press this foot of the leg on the floor against a wall.



## Kneeling Psoas Stretch or Scorpion Stretch

Note: While the Scorpion stretch can be more about spinal rotation, it may get into hips. If you would like a more challenging movement, try the standing version.

