

5 EXERCISES FOR BETTER MOBILITY

1 HIP CARS

1. Come onto all fours and then drop to your elbows.
2. Add a ball in between your knee and thigh.
3. Move in a full circle from your hip, not your back.
4. Do 5 circles in each direction.



2 HIP AIRPLANES

1. Use a wall, chair or other item of support if needed.
2. Lift your leg off the ground.
3. Picture headlights on your hips. Open and close your hips - finding max range of motion.
4. Do 10 open/closes on each leg.



3 FIGURE 4

1. Lay on your back.
2. Bend one leg over the other.
3. While keeping your back flat on the ground, pull your leg towards you.
4. Hold for 60 seconds on each leg.



4 OPEN BOOK

1. Lay on your back with your knees bent to 90/90.
2. Let your legs fall to one side while trying to maintain shoulders on the ground.
3. Hold for 60 seconds and move back and forth 4 times.



5 CALF STRETCH

1. Face a wall.
2. Put one leg behind the other.
3. Turn the toes in slightly on the back foot.
4. Lean forward and stretch for 60-90 seconds.

