



# HIP FLEXIBILITY

HOLD EACH STRETCH FOR A  
MINIMUM OF TWO MINUTES



## HOT TIPS!

- Flex toes toward your face
- Tuck your chin gently toward your chest
- Keep both butt cheeks on the floor!



## HOT TIPS!

- Keep spine in line with your back leg
- Soften hips toward the floor
- Relax your glutes!



## HOT TIPS!

- Relax front knee out to the side (roll onto the outside of the foot)
- Lean body forward



## HOT TIPS!

- Goal is to get your shin parallel to your hips
- If this is too strong, start with resting your front leg on a bed/bench
- Square your hips!