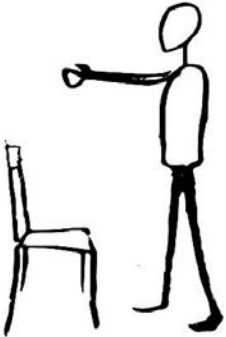


SPLIT STANCE HIP HINGE



STAND WITH ONE FOOT ABOUT 12-15" IN FRONT OF THE OTHER. THE NARROWER THE STANCE THE HARDER THE MOVEMENT BECOMES.

REACHING YOUR HANDS OUT IN FRONT OF YOU, BEND FORWARD FROM THE HIPS AND REACH OUT OVER THE FRONT FOOT.



TRY TO GET YOUR BACK PARALLEL WITH THE FLOOR BUT MAINTAIN A STRAIGHT NEUTRAL SPINE.

(PRETEND YOU ARE TRYING TO LOOK OVER A CLIFF, PUSHING YOUR TAILBONE BACK AND EXTENDING YOUR CHEST FORWARD)

HOLD FOR A SLOW COUNT OF 5, STAND UP STRAIGHT, REPEAT 10-15 TIMES WITH EACH LEG IN FRONT.

PROGRESS TO HOLDING LONGER, OR CREATING A NARROWER STANCE TO INCREASE THE CHALLENGE.