

Hip-Ups



Reps:

Sets:

Duration:

Instructions

1. engage hips
2. lift pelvis towards ceiling, extending thoracic area toward ceiling
3. look backwards
4. hold for 3 seconds and then return (sit back up)
5. repeat

Position: kneeling and sitting on your heels (if there's discomfort, place a pillow between feet and buttocks) with your hands behind your feet, fingertips pointing backwards (if there are wrist issues, then use fists)

Contraindications: knee and/or ankle issues

Purpose: lengthens quads (to address anterior pelvic tilt – too much arch in back and tight in the hip flexors), extends thoracic spine, stretches forearms