



The Hips and Torso

Hip Stretch

There are many variations of the hip stretch. Sitting in a chair is one option. Make sure your back is straight with your abdomen muscles working to maintain a strong core. Place one foot over the opposite leg. You will feel a stretch in the hip of the leg that you have lifted.



Advanced Hip Stretch

Slowly move down towards the ground to feel an increase in the stretch of the muscles surrounding the hip joints. Keep the head in line to alleviate any stress on the top of the neck. This position will also give your back a chance to stretch and elongate.

