

Hip hinging & stability routine

The hip hinging positions are a vital element in developing strong, stable movements and power. The positions need to be practiced frequently.

Squat:

Set your feet slightly wider than your shoulders.

Slowly squat your butt back & down toward an imaginary chair. Your shoulders & chest must remain high and your shoulder joints need to remain set back (not folded forward).

Your weight must remain on your heels throughout (almost as though you could lift your toes at any time). Move only as low as your coordination allows – the pelvis must not roll backwards at any stage.

10-20 repetitions



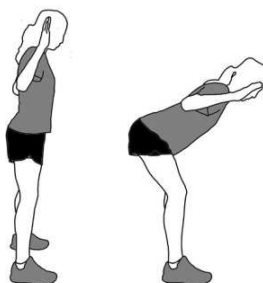
Goodmorning (2leg hinge):

Place your hands next to your shoulders and set your shoulder blades. Set feet as for a squat and unlock your knees. Do not bend your knees at any stage.

Slowly push your butt backwards and bend over.

Your torso must keep a neutral shape throughout (your back must not bend). Your hamstrings will stretch. The bottom point is reached when the hamstrings won't stretch any further.

10-15 repetitions



Lunge:

Step out into a long split position. Set your torso between your legs and slowly squat down. Your torso must keep a neutral shape throughout and it must not bend at the hips either.

Pull your body through and over the front leg into a split position with the opposite leg.

5-10 repetitions each side



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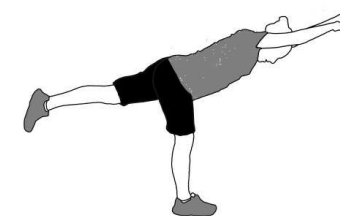
Aeroplane (1leg hinge):

Stand on one leg and slightly bend the knee and hip joint.

Slowly begin lifting your foot upwards so that your body rotates about the hip joint. Keep your body in a straight line.

Pause at the barrier point and check that your toes are pointing directly down toward the ground.

3-10 repetitions each side



Short knee bend:

Stand on one leg and place the unloaded leg in front of the body.

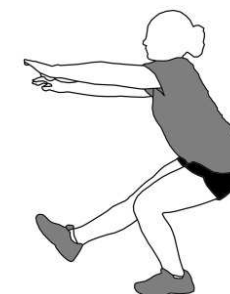
Slowly perform a one leg squat by moving the butt back & down toward a chair (real or imagined); **LOAD THE HIP NOT THE KNEE** (keep the weight on the heel throughout)

The knee must remain in line with the foot – do not allow it to collapse inward during the down or up phases of the movement.

The barrier point is reached when the hip can no longer properly control the position of the knee.

Use a 40-50cm bench or chair to guide the movement.

3-7 repetitions each side



Hip leg raise/sweeps:

Lie on the ground with your elbow directly beneath the shoulder and your body in a straight line.

Slowly pull your hips and legs off the ground to set in a stable side bridge. Provided the side bridge is stable you may then lift the top leg as shown.

Your hips must remain at right angles to the floor throughout.

5-10 repetitions each side

