

Advanced Hip Stretch



****This stretch series can also be done while sitting on the floor with one leg stretched out in front of you.**



STEP 1

Sit tall with your arms overhead **BUT** insight. You always want to be able to see your arms to ensure you are not putting too much stress on the neck.



STEP 2

Slowly begin to move outwards and down with the arms in a controlled slow motion keeping the core strong.



STEP 3

Listen to your body as you move increasing the stretch in the hip and stop if you feel pain.

One More Option

Continuing in a sitting position, crossing one leg over the other, turn towards the knee that is bent. Hold the bent leg with the opposite arm turning your upper body towards that direction.

Keep your head on your shoulders!

Do not turn your neck too far.

