



## **OPEN & CLOSED CHAIN HIP ROTATION**

### **QUADRUPED ANGULAR CARS**

For each leg:

3-5x with leg straight back

3-5x with leg on back diagonal

3-5x with leg straight out to side

\*\*be sure to maintain neutral pelvis and spine in each position

### **6 WAY SFT SQUATS**

8-10x with right foot staggered forward, feet parallel

8-10x with left foot staggered forward, feet parallel

8-10x with feet parallel, in narrow stance

8-10x with feet parallel, in wide stance

8-10x with feet hip width apart and turned in

8-10x with feet hip width apart and turned out

\*\*option to add weight by simply holding it at chest ("goblet squat") OR using the weight for a twist and press motion, twisting towards the hip on the squat and pressing out at chest height as you stand up (alternate the direction of the twist)

### **HIP AIRPLANE PROGRESSION**

5-10x of each variation on each leg:

Closed chain focus - stand in mini squat on single leg (parallel) with other foot in kickstand position and rotate your pelvis/trunk both internally and externally on top of the supporting leg. Make sure the supporting knee does not rotate

Closed and open chain focus - rotate the gesture leg externally as you rotate the pelvis open, and rotate the gesture leg internally back to parallel as you rotate the pelvis back to parallel

Begin in parallel, hip width mini squat, skate with a quarter turn onto one leg and stabilize the landing...then rotate the pelvis/trunk externally towards downstage. Next rotate back into parallel and return to start position.