

# HIP ROCKERS

# HH04

## DIRECTIONS:

Stand with legs wide apart. Toes pointed forward. Drop the knees down until the pelvis feels free floating. Rock the pelvis to the rear first, then rock the hips forward and end the motion with a firm butt squeeze. Rock the pelvis back and forth in a continuous fluid motion for one minute.

## TRIANGLE TECHNOLOGY

Exercises #17 to #20 form the Hip Mobility Series. Visualize your pelvis as a TRIANGLE that operates in between your hips. In HIP ROCKERS spray lots of WD-40 on the upside down triangle rocking back and forth in between your hips to get all the rust out.

## BENEFITS

The pelvis is 1 of the 9 major joints in the human body. It tilts forwards and backwards in between the hips. Rocking the pelvis back and forth clears, opens and gives relief to the multitude of hip muscles internally located there. Society usually either laughs or frowns when this motion is made, but exercising this major joint of the body is critical for good health – so get comfortable with it 😊