

HULA HIPS HH03

WEIGHT SHIFTING LATERAL CIRCLES

DIRECTIONS

Stand with legs wide apart. Toes pointed forward. Drop the butt slightly back and down. Shift body weight from side to side focusing on drawing circles with rotating hips. Perform 10 circles to the left. Reverse and perform 10 circles to the right.

Find the perfect tension by letting the rope bear your weight as you gradually go deeper into the stretch.

TRIANGLE TECHNOLOGY

Exercises #17 to #20 form the Hip Mobility Series. In HULA HIPS #19 focus on feeling the upside down triangle doing laps of circles inside of those hula hooping hip bones.

BENEFITS

This exercise works:

- The Inner Groin Area and Pelvis
- The Gluteal Group with The Side Hips

The 17 Muscles of the Hip

GLUTEAL GROUP = 4

Gluteus Maximus - Gluteus Medius - Gluteus Minimus - Tensor Fasciae Latae

ADDUCTOR GROUP = 5

Adductor Brevis – Adductor Longus – Adductor Magnus – Pectineus - Gracilis

ILIOPSOAS GROUP = 2

Iliacus – Psoas Major

LATERAL ROTATOR GROUP = 6

Externus Obturator – Internus Obturator – Piriformis – Gemellus Superior – Gemellus Inferior – Quadratus Femoris