

LATERAL HIPS HH02

WEIGHT SHIFTING LATERAL LUNGES

DIRECTIONS

Stand with legs wide apart. Toes pointed forward. Drop the butt slightly back. Shift body weight from side to side. Alternate keeping one knee locked while the other is bent forward and to the side. Pay attention to gentle execution of the movement to protect the knee joints. Perform for 1 minute.

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 LATERAL HIPS #18 focus on feeling the upside down triangle floating on water in between the hips while the hips are moving from side to side.

BENEFITS

This exercise works the inside part of the thigh known as the ADDUCTOR GROUP which consists of the pectineus, adductor magnus, adductor longus, adductor brevis and the gracilis. The ILIOPSOAS GROUP, which consists of the psoas major and the iliacus, is also worked.