

# Exercises & Stretches for the Hips #2

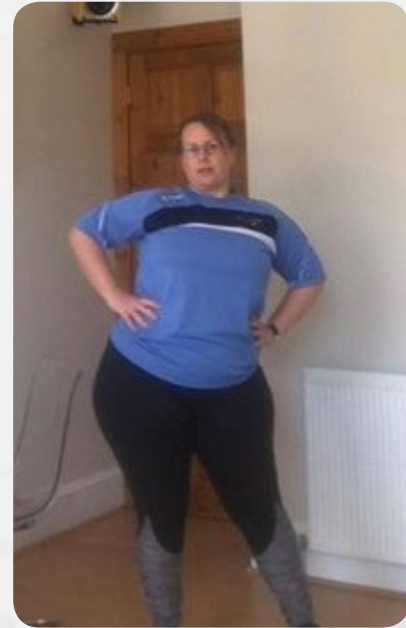


## Exercise 1 Hip Circles

Standing with your feet shoulder width apart, move your hips in a circular motion.

Keep your feet on the same spot and only move your hips - try to go both ways.

**3 SETS OF 10 REPS**



## Exercise 2 Marching

Sitting on the edge of your seat, lift one leg off the ground and then place it back.

Lift the other leg and continue in this pattern. At the same time swing the opposite arm.

Imagine you are going for a walk and march at your own pace.

**1 minute then rest for 30 seconds  
(Repeat x 3)**



# Exercise 3

## Side Leg Raises

Holding onto a chair, slowly lift one leg out to the side.

Ensure that your toes always faces forward.

Place that leg back on the group and do the same with your other leg.

**3 SETS OF 12 REPS**



# Exercise 4

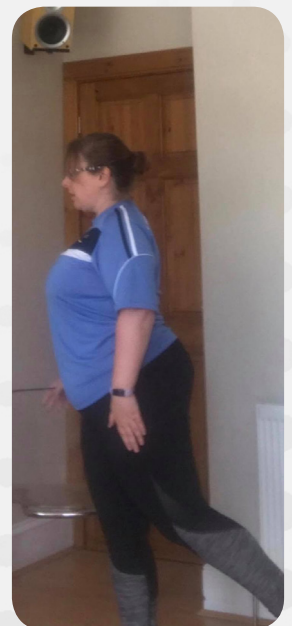
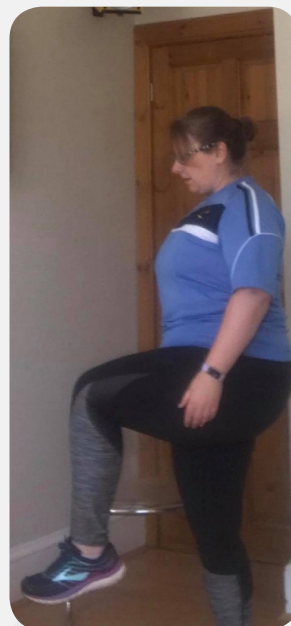
## Flamingo Swings

Holding onto a chair, facing side ways. Lift one leg up as high as you can and then slowly lower your leg and bring it behind you.

Try not to touch the floor in between.

Repeat on your other leg.

**3 SETS OF 12 REPS**



# Exercise 5

## Side Steps

Start with your feet hip-width apart, with your knees bent slightly.

Lift your right foot and push using your left to move to the right placing your feet back together. Move to the right for a couple of paces.

Repeat moving back to the left.

**1 minute then rest for 30 seconds  
(Repeat x 30)**





# Exercise 6

## Leg Extension

Sitting on the edge of your seat, holding on to the side with both hands.

Slowly lift one leg out straight in front of you.

Lower your leg and repeat with the opposite leg.

**3 SETS OF 10 REPS**



# Stretch 1

## Quadricep Stretch

Bring one leg up behind you and hold onto your foot or trouser leg. Keep knees together, push shoulders back and slowly drive the hips forwards.

Hold for 15 seconds then try the same on the other leg (make sure you have something to hold onto for balance).



# Stretch 2

## Hamstring Stretch

Sitting forward on your chair, slide one leg forward until your leg is straight with your heel on the floor.

Lean forward from your hips and place your hands on your opposite leg. Hold for 15 seconds and then do the same on the other leg.

