



APPLIED **FITNESS** SOLUTIONS

Mobility Workout

Hip Mobility- No Equipment



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Mobility Exercise	Sets/Reps	Advanced Cuing
Piriformis Stretch (against wall)	1-2 sets/side; 45-60sec	Can deepen stretch by sliding foot toward hip. Make sure hips are on the mat, if not, increase distance from hips to wall
Puppy Pose w/ Adductor Stretch	1-2set/sd; 30-60s	Keep elbows, wrists, forearms off mat. "Working" leg maintains parallel foot position.
Kneeling Hip Flexor Stretch w/ OH Reach	1-2/side; 30-60seconds	Neutral hips, neutral low back and core. Reach up high without arching lower back
Piriformis Stretch w/ Twist	1-2/side; 30-60sec	Keep both shoulders on mat. Can use opposite side hand to deepen stretch in hip.