

# The Main Phase Bundle- Hip Extension



Exercise	Instruction	Notes
Swimming	Lying prone, forehead resting on hands. Keeping feet down, lift knee Single leg lifts Flutter kicks	
Side Cat Stretch	On all fours, extend one leg out. Perform Cat stretch, focusing on the extra stretch.	
Side Kick	Side lying, bottom leg forwards with foot flexed. Forwards and back Circles Lift and lower	
Side Bend	Side seated, with legs long and slightly bent. Side bend over focusing on keeping hips open.	

Exercise	Instruction	Notes
Side Kick Kneeling prep	Kneeling up, hands behind head, extend one leg out. Side bend and then rotate, focus on keeping the hips extended.	
Swan Dive	Lying prone, arms in w position, Inhale and extend through the body, exhale and lift one leg up as lower spine. Focus on keeping the extended shape.	
Rest position		
One Leg Kick	Lying prone, forehead resting on hands. Extend through one hip, lifting leg and perform one leg kick	
Hip Release	In kneeling lunge, hands on floor, deepen into hip stretch. Keeping pelvis low, extend back leg.	
Shoulder Bridge	Lying supine, press into hip extension. No articulation of the spine!	

Exercise	Instruction	Notes
Leg Pull	Seated, with knees bent, arms behind. Press into hip extension.	
Kneeling Back Bend	Kneeling up, reach one arm over to one ankle and press into hip and spinal extension. Return.	