



Master the Hip Hinge

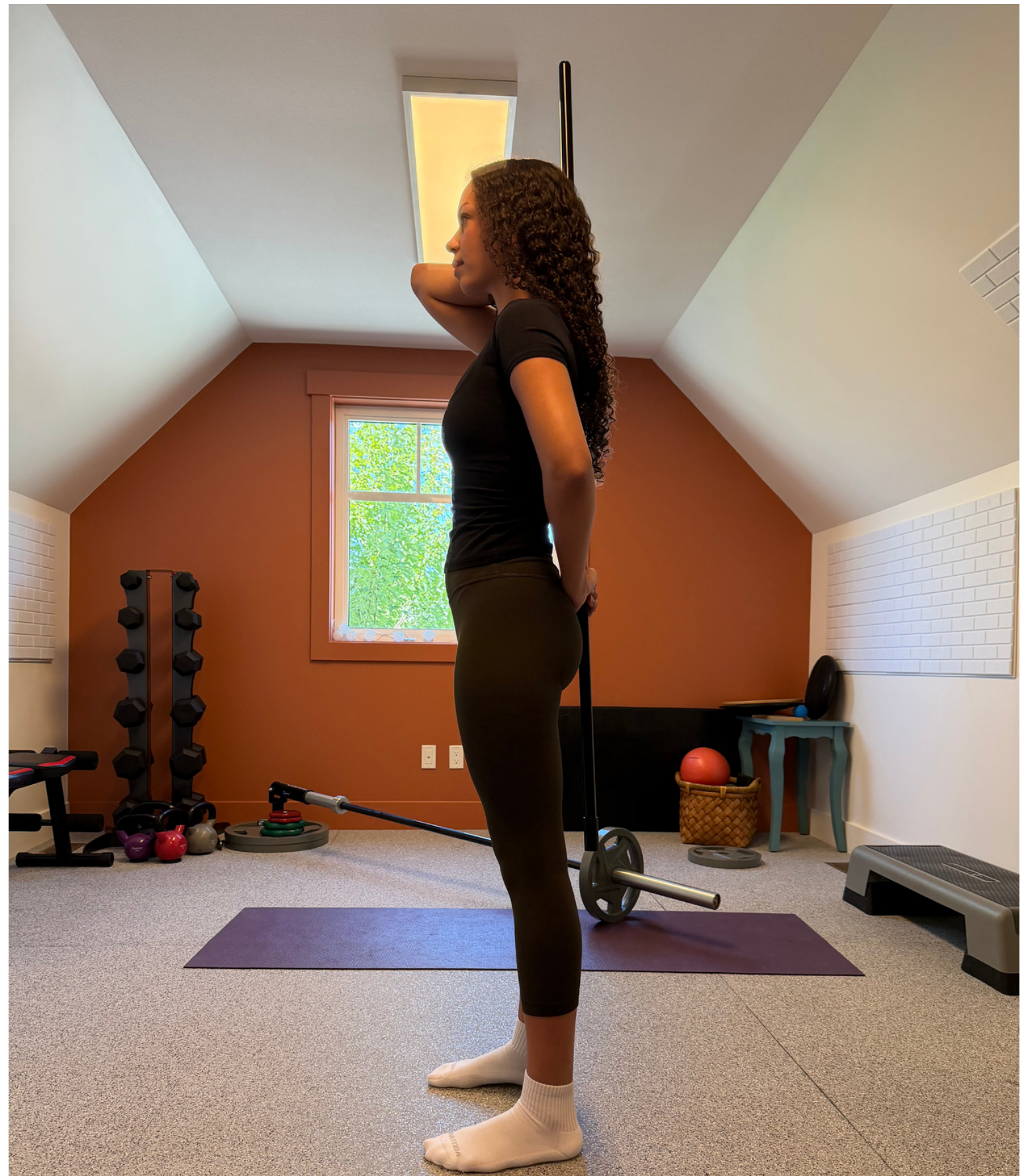
2 Exercises to improve strength,
balance, and control

From lifting a laundry basket to deadlifting in the gym, the hip hinge is a fundamental movement pattern you use every day. It allows you to generate force through your hips while keeping your spine in a strong, stable position. Learning to hinge correctly can improve movement quality, build strength, and reduce unnecessary stress on the Lower back during daily activities and exercise

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Dowel Hip Hinge

- Hold a dowel against your head, upper back, and tailbone
- Keep all three points of contact throughout the movement
- Push your hips back while maintaining a neutral spine
- Return to standing by driving through your hips
 - Sets: 3
 - Reps: 4-8



B-Stance Hip Hinge

- Stand with feet hip width apart holding dumbbells
- Take a small step back with one foot, placing those toes in line with the front heel
- Shift 85-90% of your body weight onto the front leg
- Push hips straight back while lowering the weights down the front of your shin
- Push hips forward and squeeze your front glute to return to the top
 - Sets: 3
 - Reps: 4-8

