

The Hip Hinge



Step 1

Stand tall with a neutral spine. Hold a broomstick down the middle of your back. It should touch the back of your head, the middle of your back and your sacrum.



Step 2

Keeping your tummy tight and your spine neutral, hinge from your hip. The stick should not come off any of the three contact points.

Do not let your knees drift past your toes. Use a small chair or block to help you.

Your head and chest should come forward and your hips should go back.