

Hinge

Why we do it:

To lower the body safely.
Promote hip-pelvic-lower back integration.
Learn to use the hips - rather than lower back -
to lift and move.

Functional Benefit:

Stability
Mobility



Start in the neutral stance. Get ready to do
2 things at once.



Start the movement from the hips by
lowering the sit bones backwards.

Let the knees follow in a natural bend.



Straighten and come up, squeezing your
buttocks.

Return to centre and repeat.