

# Hip & Trunk Rotation: Leg Pull & Arm Rotation

## Why we do it:

Stretch the oblique muscles.  
Gently loosen the hip flexors and open up the shoulders.

## Functional Benefit:

Mobility  
Flexibility



Lie on your side with your right and left arms arm extended above your head, right knee bent and your left leg extended behind you.

Bend your left knee and bring your left hand to grab your ankle.

Pull your heel as close to your buttocks as possible.



Bring your left knee forward and place it on the floor in front of you.

Bring your left arm to the floor, rotating your shoulders as you extend your arm.



Reach back with your left arm and rotate your torso diagonally, letting your head follow your arm.

Bring your arm back to the floor, taking your left leg back then straightening both legs.

Roll onto your back. Place your arm by your sides and return to the centre.