

Hip & Trunk Rotation: Core Pull and Legs

Why we do it:

Stretch the lower back and extend the spine.
Mobilise the hip joint.

Functional Benefit:

Mobility
Flexibility



Lie on your back, hand out slightly to your sides, legs extended.

Raise your right leg, bending your knee.

Bring your right hand over your knee and pull down towards the right.

Bring your leg back up and release your knee.



Place your foot on the ground, knee bent and return your arm to your side.

Raise your left leg, bending your knee.

Place your foot on your right knee.



Extend your right leg up and point your toes. Bring your head to your left knee and keep your arms on the floor.

Lower your right foot, keeping your knee bent. Lower your head.

Bring your left foot to the floor. Return to centre.