

Hip Rotation: Bent Knee

Why we do it:

Balance and core strength.
Mobilise and stretch hip joint.

Functional Benefit:

Stability
Mobility
Flexibility



Stand in the neutral position with your feet apart - wider than your hips. Get ready to do 2 things at once.



Balance on your left leg.

Extend your left arm to the side and then make a large circle moving anti-clockwise.



With your right leg, make a large clockwise circle, passing the midline, lifting your right knee and extending your leg back to the starting position.

Repeat on the opposite side.