

# Hip Rotation: Extended Knee

## Why we do it:

Open hip flexors.  
Core strength and balance.

## Functional Benefit:

Stability  
Mobility



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, then make a large circle moving anti-clockwise.



With your right leg, make a large clockwise circle, passing the midline

Repeat on the opposite side.