



Strengthen then Stretch: The Hips

1. High Boat to Hollow Body Transitions (iliopsoas strengthening)
2. Low Lunge Variation (iliopsoas stretch)
3. Leg Pulse and Hold (gluteus maximus strengthening)
4. Standing Knee to Chest (gluteus maximus stretch)
5. Horse Stance Eccentrics (adductor strengthening)
6. Wide-Legged Forward Fold (adductor stretch)
7. Warrior III to Standing Tuck Transitions (gluteus medius strengthening)
8. Half Lord of the Fishes Variation (gluteus medius stretch)
9. Active Seated Forward Fold (TFL strengthening)
10. Active Supine Figure-4 Twist (TFL Stretch)