

Hinges

Forward & Back

First stand barefoot and tall, with the crown of your head lifted and chin tucked in, arms hanging down by your sides with palms flat against your thighs with your elbows facing backwards, your feet hip width apart and toes facing straight forwards.

Hinging at the hips only and keeping the legs straight but not locked, push your bottom backwards as your torso falls forwards to counterbalance. Keep your back straight and if anything pert your bottom to make sure your lower back does not round. At the same time raise your arms forward keeping the palms facing into the centre and your elbows facing backwards or downwards depending on which part of the movement you are in. Try to keep relaxed as you tilt forward to you maximum depth and your arms to their maximum height (without forcing). Your head during the movement should stay neutral so your eyes are following your tilt forward.

Now use the Short Foot technique to help bring you back to your upright position but carry on moving through to squeeze your buttocks forward and under (so as not to arch your lower back) whilst also pulling your arms back to their maximum extension.



Lateral

First stand barefoot and tall, with the crown of your head lifted and chin tucked in, arms hanging down by your sides with palms flat against your thighs with your elbows facing backwards, your feet at least shoulder width apart and toes facing straight forwards.

Start by pushing your hips to one side minding that you keep your back and legs straight and try to only feel the stretch in the hip being pushed out rather than either of your sides (which may indicate that you are side bending the back). At the same time raise your arm on the opposite side from which your hip pushes to, or to the same side to which you are leaning to. Your head during the movement should tilt back up bending at the neck laterally so as to try to keep the head vertical.

Once your hip and opposite shoulder has reached its maximum range of motion (without forcing), begin moving in the opposite direction through your start position and into full range of motion on the other side.

Tip: Try to imagine that you are standing side on in a narrow alleyway facing one of the walls so that you cannot lean forwards or back as you perform the movements.



Rotational

First stand barefoot and tall, with the crown of your head lifted and chin tucked in, arms hanging down by your sides with palms flat against your thighs with your elbows facing backwards, your feet hip width apart and toes facing straight forwards. Now bend your knees and hips to around 30 degrees (tilting forwards slightly) and your elbows to 90 degrees then lift your elbow out sideways to around 80 degrees or until if you swing down your hands and internally rotate your shoulders, your fingertips miss your body.

To begin the movement pivot on both of your heels at once turning your toes outwards whilst simultaneously externally rotating your shoulders so your hands move away from your body. Move gently to your maximum and feel the hips and shoulder girdle opening at the front and closing at the back.

Now reverse the movement by first returning the balls of your feet to parallel again by pivoting on the heels, then transfer your weight to the balls of your feet and twist out your heels whilst simultaneously internally rotating your shoulders so that your hands move towards your body and keep going in and past your hips and behind you (if you can). Feel the hips and shoulder girdle opening at the back and closing at the front.

To return back to the opposite direction again pivot on the balls of the feet bringing your heels back to parallel before shifting the weight to the heels once more and turning out the balls of the feet.

Note: You could simply pivot on either the balls of the feet or the heels throughout the exercise, but this can become sore on bare feet!

