

## HIP SWIVEL



### Starting position

- Lie on your back, with your knees bent and your feet together on the floor
- Rest your arms out to the sides
- Relax your head and shoulders



### Movement

- Inhale. Keeping both shoulders on the mat, allow your knees to fall to the right side of your body
- Exhale. Set your lower abdominal muscles and draw your lower spine back into the mat, allowing your knees to come back to the starting position
- Inhale. Repeat to the left
- Repeat 3 – 5 times



### Progression - Starting Position

- Lie on your back, hip and knees in a table top position
- Knees and ankles pressed together
- Arms relaxed out to the side
- Set your lower abdominal muscles



### Progression - Movement

- Inhale and lower your legs to the right
- Exhale. Engage your abdominal muscles to return your legs to the starting position
- Inhale. Repeat to the left
- Repeat 3 – 5 times

### Notes:

- Your legs should be relaxed throughout the exercise