

## HIP SWIVEL EXERCISE



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- Lie on your back, with your knees bent and your feet together on the floor
- Keeping your shoulders on the mat, allow your knees to fall to the side. Engage your core and draw your lower spine in towards the mat to bring your knees to the starting position



### PROGRESSION

- Lie on your back with your legs in a table top position, with your knees and ankles pressed together
- Allow your knees to drop to one side, engage your core muscles to return your legs to the starting position

Notes: