



BECOMING GREATER: HAPPIER HIPS

In 15 minutes a day, you can start on a path to becoming your greatest self. BECOMING GREATER: HAPPIER HIPS was designed to help give you a jump start to feeling better, moving well and becoming your greatest self.



WHY DO YOUR HIPS MATTER?

Your hips are a crucial part of your body for overall mobility and quality of life. The hip is a ball and socket joint and is central to many daily movements that require a lot of range of motion and strength. Maintaining strong and mobile hips can prevent injuries, help manage chronic pain, and enhance athletic performance, making it a key focus in both physical therapy and general fitness



WHAT IS HIP STIFFNESS

Hip stiffness refers to limited mobility in the joint and tightness around the hip muscles. It can often be caused by muscle imbalances, joint capsule stiffness or tissue restrictions. It can impair your movement patterns and lead to unexpected pain and weakness. Addressing hip stiffness through targeted interventions is essential for restoring optimal hip function.

You must remain focused on your journey to greatness.

• Les Brown

MOBILITY

The term mobility refers to the ability of a joint to move actively or passively through its full range of motion. It involves the muscles, tendons, ligaments, joint capsule tissues and the nervous system.

Mobility encompasses flexibility, but also requires strength, stability and coordination or the muscles.



VS

FLEXIBILITY

Flexibility refers to the ability of a muscle or group of muscles to lengthen through a range of motion. It is the tolerance to stretch, or elasticity, that a muscle can endure. Flexibility includes primarily the muscles and connective tissue like tendons and ligaments.



MOVEMENTS: MOBILITY



POSTERIOR CAPSULE STRETCH

Equipment: thick resistance band, box or chair

1. Loop to a firm upright or heavy weight and the other end in the front of your hip crease, creating a backward force
2. Step forward to where you feel a strong pull and bend the knee of the banded leg, letting it drop to the ground, keeping the opposite leg extended behind. You should feel the band pull deep and back
3. This can also be performed in a lunge position if the pressure on the leg in the front is too difficult.



ANTERIOR CAPSULE STRETCH

Equipment: thick resistance band

1. Loop to a firm upright or heavy weight and the other end high up on your thigh, under your buttocks
2. Step up in a lunge position with the banded leg down. Relax your bottom leg but keep your torso stacked over your leg
3. You can brace your body on your front leg using your hands while you hold the position



HIP 90/90 HEEL CLICK TRANSITIONS

Equipment: none

1. Sit on the ground starting with both feet in front of you, heels touching and knees bent falling out to the ground, a butterfly position
2. Rotate one heel using your hip and core muscles to lift and rotate the heel backward. You can use your hands for supporting your body
3. Repeat on one side and then complete the other side

MOVEMENTS: STRENGTH



SUPINE HIP FLEXOR MARCHING

Equipment: mini band or none

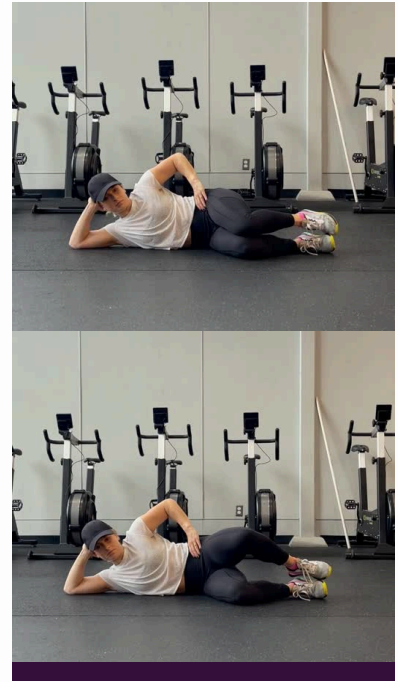
1. Lay flat on your back and loop a mini band around your toes. Try to keep your back flat against the floor the entire movement
2. Bring both legs up with your knees bent, feet hip width apart
3. Alternate extending one leg toward the floor while keeping the other stationary
4. You can modify this movement by performing without a band, or starting and finishing with your legs on the ground



PRONE HIP EXTENSION LIFT

Equipment: none

1. Lay on the floor on your stomach, knees straight, arms wherever is comfortable
2. Work to lift your leg off the ground by engaging your glutes. You should try and clear your thigh and shin without bending your knee or arching your back
3. You can modify this movement by performing with a bent knee or from a table top position



HIP ROTATION REVERSALS

Equipment: none

1. Start on your side, head propped on your hand and aligning your shoulders with your hip, knee and ankle. Your knees will be bent and legs stacked. Can also be completed in a side plank.
2. First, lift your feet apart keeping your knees together to perform hip internal rotation. Complete for all repetitions prescribed
3. Next, lift your knees apart keeping your feet together. Try to not rock your body as you move your knees. Complete for all repetitions prescribed

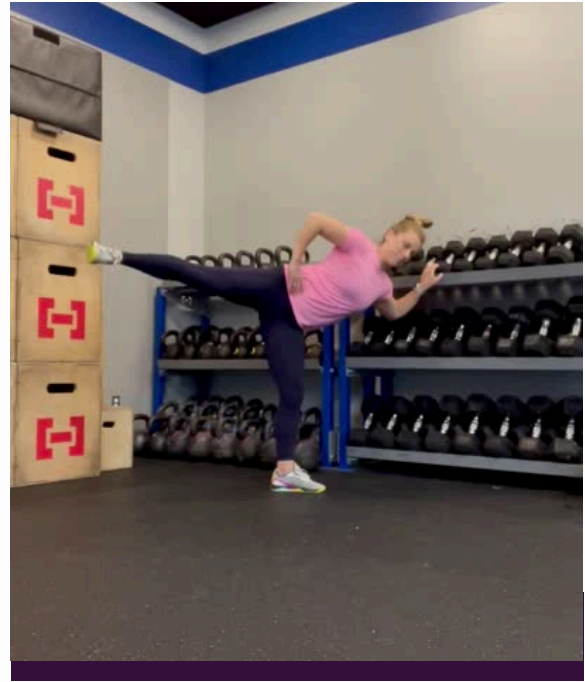
MOVEMENTS: BALANCE



BEGINNER: SINGLE LEG STANCE

Equipment: none

1. Perform this exercise barefoot if able to work on engaging your foot and ankle muscles for stability
2. Stand on one leg, lifting the opposite up by bringing your knee toward your chest or bending your foot behind you
3. You should be thinking about elevating your body off the leg you're standing on in order to engage the stabilizing muscles at the hip and ankle
4. It may help to pick a point on the wall ahead of you to "spot" and help center your balance
5. Hold for time prescribed for each leg



ADVANCED: AIRPLANE

Equipment: none

1. Stand on one leg, near a wall or solid upright for support (if needed)
2. Hinge forward at your hip, keeping your torso rigid and aligned between your shoulder and hip
3. The work is to rotate about the axis of the stance leg to turn your body first toward the inside of the leg, then rotate the opposite direction away from the leg
4. As you end each rotation, you are trying to stack your body perpendicular to the stance leg
5. Repeat all repetitions on one side before switching legs

THE RECIPE

HOW TO PUT IT ALL TOGETHER

You now have all the ingredients, but you need the right recipe.

This can be different for everyone, so remember that this is just a guideline. Each sequence should take about 8-10 minutes.

Complete one sequence + a balance exercise daily

SEQUENCE 1:

Complete 2 rounds

1:00 Inferior Hip Capsule Stretch

12-16 Supine Hip Flexor Marches, alternating legs

SEQUENCE 2:

Complete 2 rounds

1:00 Anterior Hip Capsule Stretch

12-16 Prone Hip Extension Lifts

SEQUENCE 3:

Complete 2 rounds

10 Hip Switches Right Leg

10 Hip Switches Left Leg

10 Hip Reversals - Feet Apart

10 Hip Reversals - Knees Apart

BALANCE:

BEGINNER SINGLE LEG STANCE

Complete 3-4 rounds each leg

:30-:60 hold

ADVANCED HIP AIRPLANE

Complete 2 rounds each leg

5-10 Full Airplane Rotations



ARE YOU READY TO TAKE IT TO THE NEXT LEVEL?



**We offer in-person and virtual sessions to help you become
your greatest self.**

Use the link below to schedule a FREE 15-minute consultation to see
why we're the best fit to help you become greater!

We work with you to develop your goals, whatever they may be, and
get back to doing what you love.

We promise you've never tried anything like this before.

[SIGN UP NOW](#)

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