

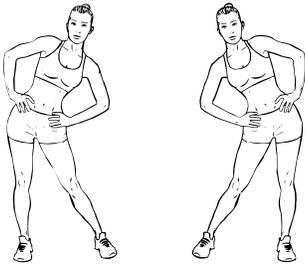
# Home Rehab - Posture and Mobility: Hips

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24 min · Legs

Today's stretches focus purely on the hip complex. You'd be shocked at how many of us walk around daily with tight hips! Perform this stretch workout, note how you feel afterwards, and come back to it when you feel necessary in the future.

## Hip Circles



**2 sets 30 secs 15 sec rest**

Spend 30 seconds going clockwise and 30 seconds going anti-clockwise.

## Lunge Stretch



**3 sets 40 secs 20 sec rest**

Spend 20 seconds per leg per set held in this lunge position. As you exhale, aim to lower your body slightly.

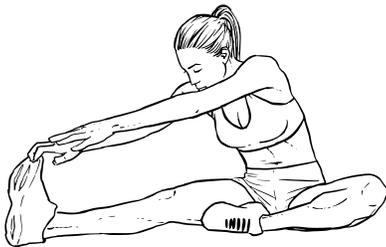
## Butterfly Stretch



**3 sets 30 secs 30 sec rest**

Spend 30 seconds in this position allowing your elbows to create a little pressure on the insides of your knees.

## Hamstring Stretch



**3 sets 40 secs 20 sec rest**

Spend 20 seconds per leg per set held in this position. Aim for the chest-to-knee direction of the stretch.

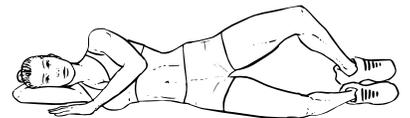
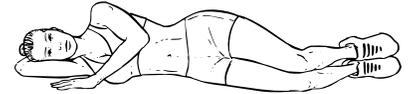
## Piriformis Stretch



**3 sets 40 secs 20 sec rest**

Pull each leg in and hold that stretch for 20 seconds per leg per set.

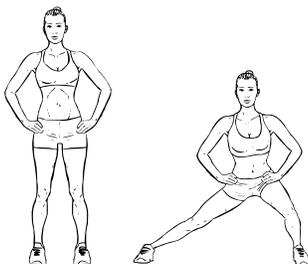
## Clamshells



**3 sets 20 reps 60 sec rest**

Perform 10 slow reps per side per set. Aim for 4 seconds per rep.

## Lateral Lunges



**2 sets 16 reps 60 sec rest**

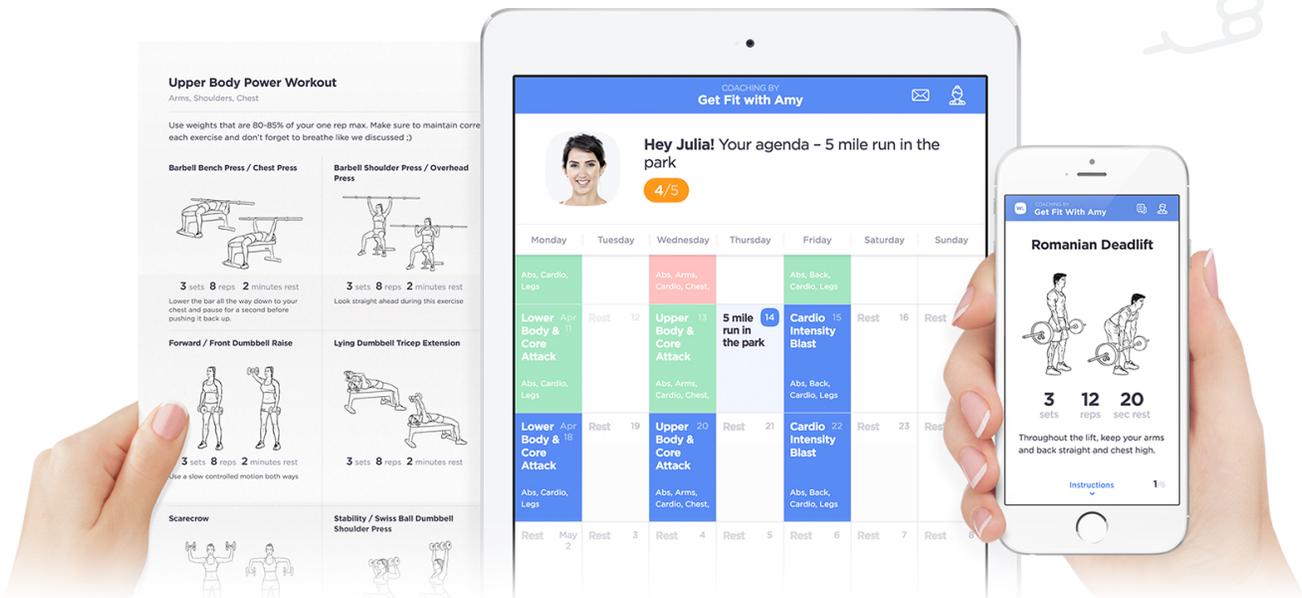
Get nice and low 8 times per side per set. This is a flexibility movement, focus on the stretch!

# Mustard Fitness

Stacey Quick · Global



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[WLTrain.com/mustardfitness](http://WLTrain.com/mustardfitness)

[train@mustardfitness.com](mailto:train@mustardfitness.com)

