

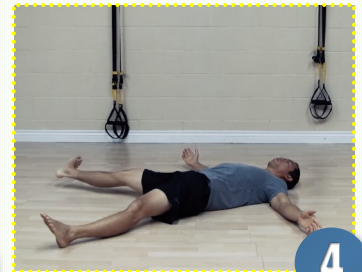
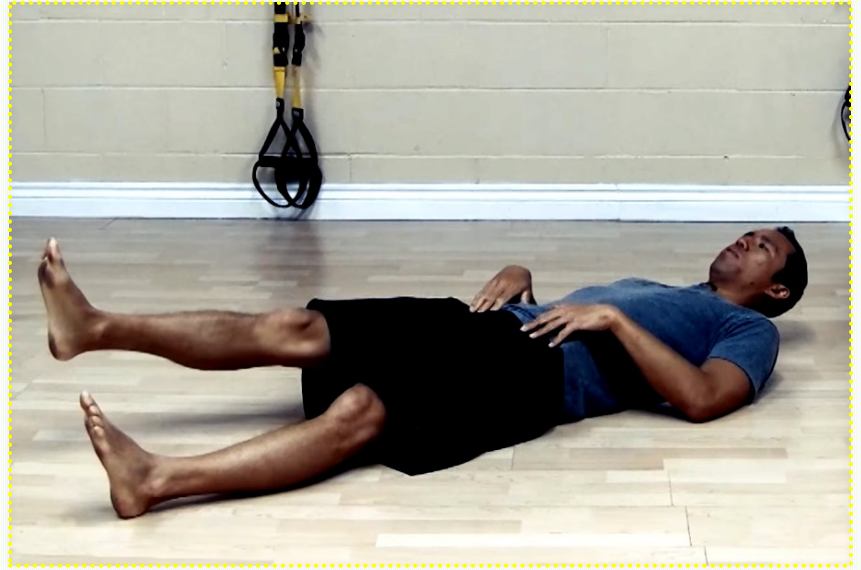
# SUPINE HIP PNF

## 2016'S BEST HIP FLEXIBILITY EXERCISE?

Read the full post here on [powerdojo.com](http://powerdojo.com)

### KEY BENEFITS

- ➔ **No equipment** - do it anywhere you can lie flat on your back
- ➔ **Anyone can do it** regardless of level of fitness
- ➔ **Strengthens muscles** in end ranges of motion where most people are extremely weak
- ➔ Works rotational and diagonal movement patterns (**PNF**), which fully integrates your left and right brain hemispheres
- ➔ **Lengthens muscles** that are tight in most people via the neuromuscular system (as opposed to just targeting the tissue with static stretching)



### EXERCISE INSTRUCTIONS

1. Lie on your back and start by lifting your right leg just off the ground and internally rotate the hip
2. Keeping the knee straight and hip maximally internally rotated, lift the leg up and across your body as high as you can, then open the hip while externally rotating so your leg ends up on the ground
3. Lower the leg to the starting position and repeat.
4. Keep your opposite hip on the ground the whole time.
5. Perform 3 reps in each direction on each leg.

The **Supine Hip PNF** is an especially effective exercise for increasing flexibility because it hits multiple 3D Flexibility Factors, including strengthening prime movers, lengthening muscles and fascia and particularly, mobilizing the hip joint capsule. The joint capsule is often the cause of much inflexibility and if you don't address it, you'll never achieve the flexibility you're after. [Click here to learn more about how the joint capsule restricts your movement and what to do about it to unlock your tight hips.](#)