

5 MINUTE HIP MOBILITY ROUTINE

TECHNIQUE CHEATSHEETS

Eric Wong
BSc



PRECISION
• movement

5 MINUTE HIP MOBILITY ROUTINE

TECHNIQUE CHEATSHEETS

Welcome!

Hey thanks for checking out this 5 Minute Hip Mobility Routine.

It includes the top 3 exercises based on feedback from my followers and customers and if you haven't done them before, I'm sure you'll feel the benefits and why they're so popular.

I suggest you do them every day for 5-7 days then drop down to 2-3 times/week.

This routine can be done either at the beginning or end of workouts because they're active techniques so they won't slow you down or increase your risk of injury if you use them as part of a warmup, like static stretching will.

Or you can do them on their own anytime when you've got a minute and you want to work those hips.

Either way, keep TAKING ACTION and you'll reap the rewards.

Enjoy!

Coach E

5 MINUTE HIP MOBILITY ROUTINE

TECHNIQUE CHEATSHEETS

1) Mob for Hip Impingement: 5-10 per



external rotaton



neutral positlon



Internal rotatlon

- 1.** Get on your hands and knees and if you have one, loop a esistance band around the hip you're mobilizing
- 2.** Starting with the hip in external rotation, move your body so the hip is circled 5-10 times in one direction, then the other direction
- 3.** Repeat with the hip in neutral and then in internal rotation

5 MINUTE HIP MOBILITY ROUTINE

TECHNIQUE CHEATSHEETS

2) Triple Flexion: 1 cycle x 5 sec



push



relax



pull

- 1.** Place one foot flat on a bench press or chair and the opposite on the ground in a stable position
- 2.** Squat down low so the hip, knee and ankle of the foot on the bench are fully flexed
- 3.** Grab onto the bench or chair and push up through the foot on the bench to activate the calves, quads and glutes for 5 sec then relax deeper into the position for 5 sec
- 4.** Next activate the dorsiflexors, hamstrings and hip flexors to get deeper into the triple flexion position for 5 sec then relax deeper into the position for 5 sec
- 5.** This is 1 cycle on one side

5 MINUTE HIP MOBILITY ROUTINE

TECHNIQUE CHEATSHEETS

3) Seated Butterfly Reach: 5 per x 3 sec



- 1.** Sit on your SIT bones with good posture in the butterfly position (lean back on your forearms/hands if necessary to maintain posture)
- 2.** Internally rotate one hip and extend the leg as far out and back as possible and hold
- 3.** Return to the butterfly and repeat on the other side

5 MINUTE HIP MOBILITY ROUTINE

TECHNIQUE CHEATSHEETS

What's the Next Step?

The 3 techniques you've discovered here will definitely improve your hip flexibility so please put them to work for you!

However, they're just 3 techniques and don't address every factor that contributes to tight hips.

If you're ready to take the next step check out the Hip Flexibility Solution that addresses ALL of the factors that might be keeping you tight and unlock your hips for good.

Click the button below to discover the 9 factors keeping you tight:

[CHECK IT OUT](#)