

# THE COMPLETE HIP MOBILITY WARMUP CHECKLIST

ESSENTIAL WARMUP ELEMENTS FOR STRONG AND MOBILE HIPS

1

## Time-efficient:

takes < 15 minutes (otherwise you won't do it)

2

## All hip and knee muscles ACTIVATED and LENGTHENED:

Muscle (Group)	Activated?	Lengthened?
Hip Flexors		
Quads		
Glutes		
Hamstrings		
Internal Hip Rotators		
External Hip Rotators		
Hip Adductors		
Hip Abductors		

3

## Works all basic movements:

- Flexion
- Extension
- Adduction
- Abduction
- Internal rotation
- External rotation

4

## Works all Fundamental Movement Patterns:

- Squat
- Hip Hinge
- Lunge
- Hip Lift

5

## Lengthens the fascial lines:

- Anterior
- Lateral
- Posterior

6

## Mobilizes the joint capsule

## ADDITIONAL INFO

The Fundamental Movement Patterns are a collection of 8 movements that alone or in combination create all movements we perform in life and sport.

Fascial lines were popularized by Tom Myers in his book *Anatomy Trains*. Fascia is connective tissue that basically envelops the entire musculature, just like skin but lying beneath skin and on top of muscle. Lengthening the fascial lines ensures that your body can perform full range movements.