

Happy Hips Challenge- Part 1

Are your hips actually tight?

This is important to find out before you continue. Try the test below to see how tight your hip flexors are. This will tell you whether or not you should spend any time stretching.

Hip Flexor Tightness Check

- Lie on the edge of a bed or a high counter
- One butt cheek should be off the bed/counter
- Pull the opposite knee towards your chest
- Note how far your leg hangs down
- Note how the leg sits as well (bias in or bias out)
- Picture below shows how to do this test



What are your results? Make a note of what each leg was doing?

Hip Flexor Stretch

- Get into half-kneeling position
- Slightly tuck your pelvis under
- Stay up nice and tall with great posture
- Squeeze the glute slightly and lean slightly to feel that stretch (gentle stretch)
- Hold the stretch 10-30 seconds
- Switch sides
- Repeat 1-3 times holding for 15-30sec

