

Age Less Move More

Happy Hips & Low Back Movement Sheet



Standing Hip Release

Stand with your feet inner hip-width apart, press into the outer edges of your heels, drop your tail down, ribs in and down and roll you inner arms out.

Stand into you left foot and place your right ankle on your left knee. Push through your right heel and slowly take your hands down to the

floor or a chair by bending your standing leg. Feel the stretch in your right butt cheek and hold and breathe.

When ready come out the way you went in, get back to standing and switch sides.