



## Monthly Health Challenge: Hip Hinge



Would you like to strengthen your lower body muscles and hips? Well you can with the hip hinge stretch. This pattern relieves stress of the lumbar spine and can prevent a host of back injuries. Regular performance of the hip hinge stretch can help strengthen lower body muscles and avoid back injuries.

### How to perform the perfect hip hinge stretch:

1. Stand up straight with your hands on your hips. Your feet should be slightly wider than your hips and firmly planted on the ground. Start the movement by engaging your core, pushing your ribs down and pulling your shoulders slightly back with a neutral neck position
2. Bend forward at the waist in a slow and controlled manner while keeping your shoulders in line with your hips.
3. Keep your back, glutes and hamstrings engaged throughout the exercise. Bend forward until you are parallel, or just above parallel to the floor, before bringing yourself back up to the starting position and repeating.
4. A common error to this exercise is rounding the back, resulting in a loss of the neutral spine position. Form is crucial to this exercise and should be replicated perfectly on each rep to avoid injury and get the most out of the exercise.



\*For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. (E) 2 (C) 5	2. (E) 4 (C) 7	3. (E) 6 (C) 9	4. (E) 8 (C) 11	5. (E) 10 (C) 13	6. Rest Day	7. (E) 10 (C) 13
8. (E) 12 (C) 15	9. (E) 14 (C) 17	10. (E) 16 (C) 19	11. (E) 18 (C) 21	12. Rest Day	13. (E) 18 (C) 22	14. (E) 20 (C) 24
15. (E) 22 (C) 26	16. (E) 24 (C) 28	17. (E) 26 (C) 30	18. Rest Day	19. (E) 26 (C) 30	20. (E) 28 (C) 32	21. (E) 30 (C) 34
22. (E) 32 (C) 36	23. (E) 34 (C) 38	24. Rest Day	25. (E) 34 (C) 40	26. (E) 34 (C) 40	27. (E) 36 (C) 42	28. Rest Day
29. (E) 36 (C) 42	30. (E) 38 (C) 44	31. (E) 40 (C) 46				

Source: <http://dailyburn.com/life/fitness/no-equipment-back-exercises/>