



7-Minute Hip and Lower Back Reset

Interval workout

Created by Dr Fiona Hargraves

Duration: 7 minutes

Equipment



Body weight



Mat

Instructions

Take 9 minutes to breathe deeply, relax, and move slowly through some mellow movements designed to leave your spine and hips feeling limber.

NOTE: only attempt this program if you have clearance for the activities included from your medical or allied healthcare provider.

Circuit of 4 rounds



Child's Pose

10 sec



Cobra

10 sec

Repeat new round

Circuit of 3 rounds



Dynamic Frog Stretch

30 sec



Half Lord of the Fishes

30 sec

15 seconds each side

Repeat new round

Circuit of 3 rounds



Thread the Needle (Glute Str...

30 sec

15 seconds each side



Downward Dog

30 sec

Repeat new round



Child's Pose

1. Get onto your hands and knees on the floor, with your hands slightly in front of your shoulders.
2. Sit your hips back towards your feet, while keeping your hands planted on the mat.
3. Hold this position while breathing and relaxing.



Cobra

1. Lie face down on your chest on a mat with your hands palms down next to your armpits.
2. Press your hands into the floor and raise your upper body up away from the mat while keeping your hips on the mat.
3. Relax and breathe in this position for desired amount of time.



Dynamic Frog Stretch

1. When performing this mobility exercise, you'll want to slowly and progressively move your knees further apart.
2. Wait until you're in a comfortable distance and then move it further out as you need a deeper stretch.
3. Position yourself on your hands and knees on the ground. Knees spread apart. This will be your starting position.
4. Move your glutes backward. Then back to starting position.



Half Lord of the Fishes

1. Start seated on a mat with your legs crossed.
2. Bring your right leg up and over your left, and plant your right foot flat on the mat.
3. Sit up in a tall posture, while using your right hand on the floor behind you for balance.
4. To deepen the stretch; bring your left hand across your body and gently draw your right knee in towards your chest.
5. Breathe and relax in this position for the desired amount of time, then repeat on the opposite side.



Thread the Needle (Glute Stretch)

1. Start on your hands and knees on a mat, with your hands slightly forward of your shoulders.
2. Reach one hand towards the outside of your mat, allowing your shoulder to drop towards the floor.
3. Sit your hips back towards your feet, while rotating your torso open away from the mat.
4. Breathe and hold for desired time, or repeat for desired number of repetitions.
5. Repeat on the opposite side.



Downward Dog

- 1) When performing this mobility exercise, you'll want to ensure that your knees stay straight.
- 2) From there, you'll tip your hips up towards the ceiling.
- 3) Make a nice long line throughout your torso.
- 4) Stretch down the back of your thighs and your hamstrings.
- 5) If that's a little intense, you can alternate between the left and right side being locked out and straightened while the opposite leg is bent.