

## **JOURNAL 3:**

### **EXERCISE: HIP HINGE**

<b>STANCE: SQUAT or JUMP</b>
<b>GRIP: PRONATION</b>
<b>NOTES:</b> <ul style="list-style-type: none"><li>- <b>MAXIMAL HIP BEND, MINIMAL KNEE BEND</b></li><li>- <b>SQUEEZE GLUTES &amp; CORE</b></li><li>- <b>TOES SLIGHTLY OUTWARD</b></li><li>- <b>ENSURE SPINAL ALIGNMENT (NEUTRAL)</b></li><li>- <b>PUSH HIPS BACK “SHUT THE CAR DOOR”</b></li></ul>