

Hip
Complete Every Day

Standing Marching

Stand holding onto a chair or bench

Raise your right knee towards the ceiling

Lower back down

Raise your left knee towards the ceiling

Repeat 20 times total, count out loud



Side Leg Lift

Stand straight holding a chair or bench

Bring one leg straight out to the side, then back down.

Keep your toes pointing forwards

Repeat 10 times



Hip Extensions

Stand holding onto a chair

Bring one foot out behind you

Keep leg straight, try not to bend forwards

Repeat 10 times, then switch legs



Hip
Complete Every Day

Sit to Stand

Sit with hands crossed over chest

Lean forward and stand up

Stand all the way tall, then slowly sit back down

Repeat 10 times



Buttocks Stretch

Sit with one ankle over the top of the opposite knee

Put one hand on the knee and the other on the ankle

Slowly lean forwards until you feel a stretch in your hip/bottom

Hold for 10 seconds on each leg.

