

90-90 Supported Hip Lift with Hemibridge



1. Lie on your back with your feet flat on a wall and your knees and hips bent at a 90-degree angle.
2. Inhale through your nose and as you exhale through your mouth, perform a pelvic tilt so that your tailbone is raised slightly off the mat. Keep your low back flat on the mat. Do not press your feet flat into the wall instead dig down with your heels.
3. Maintain the pelvic tilt with your left leg on the wall and straighten your right leg.
4. Slowly take your straight right leg on and off the wall as you breathe in through your nose and out through your mouth. You should feel the muscles behind your left thigh engage.
5. Perform 3 sets of 10 repetitions.