

Healthy Hips

A guide to strong and pain free movement



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WELCOME TO

Healthy Hips

UNLOCK YOUR HIPS WITH THESE 6 ESSENTIAL EXERCISES

Your hips don't lie — in fact, they do a lot of work to keep you moving, stable, and strong!

Unfortunately, we usually don't give them the care and attention they need to function at their best.

Over time, this can lead to tightness and imbalances linked with back pain, tight hamstrings, sore knees, and even neck pain!

We created this guide to help you “wake up” your hips ... and help you move better, feel better, and perform better!

We hope this routine makes a difference in your workouts and day-to-day life!



At Tighten Up, we help women and men heading into mid-life feel and look great, and now have the time to invest in their health. We have a proven program that's helped 100's of midlife women and men, just like you reach their goals and enjoy the process.

If you want to learn more about getting serious results, make sure to check out the last page of this ebook for a special offer! Ready to dive in? Let's get going!



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Hip 101

When you realise exactly how much your hips do during the day, it's not surprising they can get tight...

- *Your hip region includes 21 different muscles that allow movement through 3 different planes of motion*
- *They do this while providing balance & support for your upper body*
- *Your hips also support the weight of your upper body*

All of this adds up to the fact that your hip region must be strong, stable, AND able to move in many directions.

But most of us do things that get in the way of them doing their job.

Two of the most common scenarios that can lead to tight hip muscles:

#1 – SITTING ALL DAY

This can lead to tightness, weakness, and muscle imbalances – and eventually pain.

Over time, this can affect your posture and lead to injuries.

Fun fact: 1 in 4 people sit for more than 8 hours a day!

#2 – WORKING OUT & HIGH-IMPACT MOVEMENTS

If you exercise and don't 1) stretch enough or 2) give your muscles and joints a chance to adequately recover, it can lead to tightness, weakness, and muscle imbalances (and, yes, eventually even pain).

Over time, this can affect your performance.

A combo of those two scenarios is also linked with a lack of flexibility through the hips.



Hip Flexibility Tips

These tips will help you get more out of any flexibility routine.

- **Listen to your body.** Some people are naturally more flexible than others – being more flexible isn't necessarily better.

Remember! **Stretching isn't a "no pain, no gain" activity. Stretching shouldn't hurt. Stretch only to the point of mild discomfort.**

- **Avoid bouncing or jerking movements.** Instead, focus on static stretches where you hold a stretch for 15–30 seconds or more.
- **Form matters.** When stretching, keep your core muscles engaged and be mindful of your posture. This will help make sure you're stretching the right muscles.
- **Breathe!** If you find yourself holding your breath in order to stretch, relax and take a long, slow breath and ease into the movement.
- **Warm muscles stretch more easily, so stretching after a workout is optimal.** If you can't stretch at the end of a workout, try stretching after a hot bath or shower.





HOW TO USE

This Routine

To improve hip flexibility, do this routine 2-3 times a week, following the tips on the previous page. For best results, repeat each stretch 2-3 times.

Exercise #1

KNEELING HIP FLEXOR STRETCH

Kneel with your left knee on the floor (or a pad) directly under your left hip. Place your right foot on the floor in front of you so that your right knee is directly over your right ankle.

Kneel “tall” with your shoulders down and back, and brace your abs to keep your spine long and pelvis level. Tuck your tailbone under, lean forward slightly and squeeze your glute muscles to increase the stretch. Hold for 30-45 seconds on each side, and repeat 2-3 times.

To deepen the stretch, raise your left arm up in the air and tilt slightly to the right side.



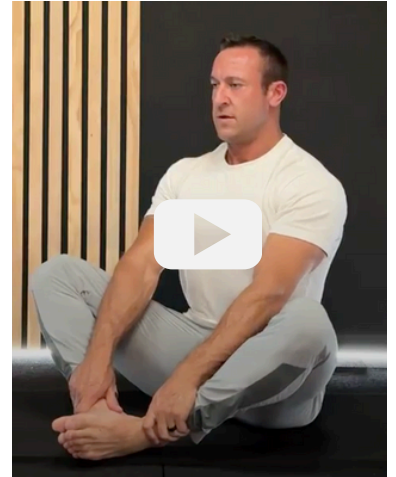
HOW TO USE THIS ROUTINE

Exercise #2

BUTTERFLY STRETCH

Sit tall on the floor with the soles of your feet pressing into each other and allow your knees to fall closer to the floor. If you are more flexible, you can move your feet closer toward your hips. Gently rest your hands on your ankles.

With your spine long and core gently braced, begin to tip forward slightly to increase the stretch. Hold for 30-45 seconds and repeat for 2-3 times.



Exercise #3

FIGURE 4 GLUTE STRETCH

Begin by lying on your back with both knees bent and feet flat on the floor.

Cross the right foot over the left thigh so your right ankle is just above your knee, forming a triangle like the top of the number 4.

Lift your legs toward the torso, reaching around your left thigh to hold it in place. Keep your back on the floor.

Hold for 30-45 seconds, and then repeat on the other side, performing 2-3 reps on each side.



HOW TO USE THIS ROUTINE

Exercise #4

HIP CIRCLES

Get into a quadrupled position on the floor, hands under shoulders and knees under hips. If this position bothers your knees, try placing a pad under them.

Brace your core and keep your back long. Lift your right leg up just off the floor and draw circles with your knee out to the side, 5 forward and 5 backward. Switch sides and repeat.



TIP: You may need to reset your position during this exercise if you notice you are leaning to one side or “hunching” your back.

Exercise #5

FROG POSE

Begin on all fours with your hands under your shoulders and your knees beneath your hips. Shift your weight forward slightly onto your hands.

Slowly move your bent knees out to the sides. Your ankles should stay in line with your knees. Turn your toes out to the side.

Now, rest on your forearms with your elbows beneath your shoulders, placing your palms together or on the floor.

As your hips relax, gently move back into your hips to deepen the pose. Make sure you keep breathing, while relaxing your hip muscles.

Hold this pose for up to 1 minute.



HOW TO USE THIS ROUTINE

Exercise #6

CLAMS

Lie on your side with your hips and shoulders in a straight line. Bend your knees so that they are in front of you and your thighs are at a 90-degree angle to your body.

For comfort, rest your head on the arm that's closest to the floor.

Make sure your hips are stacked directly on top of each other. Brace your core to keep this alignment during the exercise.

Inhale and keep the sides of your feet together as you slowly lift your top leg so that the top knee opens like a clamshell.

Open the knee only as far as you can go without disturbing the alignment of your hips – if it feels easy to lift up your knee, chances are you're rolling your hip back. It can help to gently place your top hand behind your hip to make sure it doesn't roll back during the movement.

Repeat 10 times on each side. Perform on the other side, and repeat both sides.



Bonus Hip Tips

If you want to keep your hips strong, there's one more thing you can do! Make sure you include exercises in your workouts that keep the muscles around your hips strong. Exercises like:

- Squats
- Lunges
- Deadlifts
- Glute bridges
- Side-to-side movements (like side lunges + crab walks)

Remember!

To get the results you want, you don't have to be extreme, just consistent! TIP: If you need help with safely adding these exercises to your routine, reach out so we can help you with proper form and exercise selection.



Ready to take your Next Steps?

At Tighten Up, our mission is to help our clients feel fit, healthy and strong in ways that work with their lifestyle.

If you're a in your midlife years, looking for a better way to exercise and eat so you can feel and look great, we want to invite you to experience a simpler and easier approach that's already gotten 100's of Women and Men amazing results.

Ways to Work With Me:

ULTIMATE SMALL GROUP TRAINING

SMGT is tailored to Small Groups of people that want guidance with technique. Max of 6 people.

[**LEARN MORE HERE**](#)

1-1 PERSONAL TRAINING

Customised 1on1 Training for in depth guidance and accountability

[**LEARN MORE HERE**](#)

We'd love to be part of your fitness/wellness journey.

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