

---

# 7 Awesome Exercises For The Hips

---

By **Meghan Callaway**



Here are 7 of my go-to exercises for strengthening the hip flexors, and improving hip controlled mobility.

# #1) Pike Pulses

## Coaching Tips

---

- Sit on the floor. Fully extend your knees and plantarflex your feet (point them away from you).
- Place your hands so they are on either side of your hips/legs, and rest your fingertips on the floor.
- While keeping your knees fully extended and feet plantarflexed, perform pulses. With this exercise, some spinal flexion is okay.
- For the duration of the exercise, do not allow your lower back to hyperextend, ribcage to flare, torso, spine, or hips to rotate, or weight to shift from hip to hip.
- For the duration of the exercise, keep your core muscles braced (360 degree brace around your spine).
- In terms of breathing, do what works and feels best for you.



## **WATCH VIDEO**

## #2) Hanging Psoas Marches + Kettlebell Resistance

### Coaching Tips

---

- Hold a kettlebell on each foot (put your foot through the horn), and dorsiflex your feet (point them towards you).
- Grab onto a bar. Adopt your preferred hand width and positioning.
- Set your body so it is in a relatively straight line from your head to feet. Tuck your ribs towards your hips (close the space in your midsection), extend your knees, and squeeze your glutes and quads.
- Use the muscles in your mid and upper back and bring each shoulder blade in towards your spine and down towards the opposite hip. Hold this position for the duration of the exercise.
- Your elbows should be close to fully extended, but not hyperextended.
- Now slowly bring one knee up so your thigh is at least parallel to the floor. Return your leg to the starting position with control.
- For the duration of the exercise, do not allow your lower back to hyperextend, round, or flex laterally, ribcage to flare, or torso, spine or hips to rotate.
- For the duration of the exercise, keep your core muscles braced (360 degree brace around your spine).
- In terms of breathing, do what works and feels best for you.



### **WATCH VIDEO**

## #3) Straight Leg Lifts From Seated Position

### Coaching Tips

---

- Sit on the floor. Your head, torso and hips should be in a stacked position. Fully extend both of your knees.
- Place a yoga block or other object on the floor and so it's on the outside of the lower leg of the leg that's going to be performing the exercise.
- While keeping your knee fully extended, and ankle in a fixed position, lift your foot and lower leg over the object in a lateral direction, and then back to the starting position.
- For the duration of the exercise, do not allow your leg or foot to strike the object, or for your leg or foot to touch the floor.
- For the duration of the exercise, do not allow your lower back to hyperextend, round, or flex laterally, ribcage to flare, torso, spine or hips to rotate, or weight to shift from hip to hip.
- Aside from the leg that is performing the movement, the rest of your body should remain in a relatively fixed position.
- In terms of breathing, do what works and feels best for you.



### **WATCH VIDEO**

## #4) Feet Elevated Band Resisted Psoas Marches

### Coaching Tips

---

- Lie on the floor. Place a resistance band around your forefeet, and put your heels on a bench or box.
- In the starting position, both of your knees should be at about a 90 degree angle.
- For the duration of the exercise, keep your hips and torso elevated by squeezing your glutes, and bracing your core muscles (360 degree brace).
- Keep your arms on your body, or in the air. Don't rest your arms on the floor.
- Now lift your one foot off the bench and bring your knee in towards your torso. Return your leg and foot to the starting position with control.
- For the duration of the exercise, do not allow your lower back to hyperextend, ribcage to flare, or torso, spine or hips to rotate. Do not allow your torso or hips to drop.
- Aside from the leg that is performing the "march," the rest of your body should remain in a relatively fixed position.
- In terms of breathing, do what works and feels best for you.



### **WATCH VIDEO**

## #5) Side Plank Psoas March Combo

### Coaching Tips

---

- Get into a side plank position, either on your hand or forearm.
- Place a long resistance band around a secure surface, and attach the band around your ankle or foot of the leg that is closest to the ceiling. There should be resistance in the band for 100% of the exercise.
- Set your body so it's in a straight line from your head to heels.
- Now perform a march and bring your knee in towards your torso. Return your leg to the starting position with control.
- Pay attention to your supporting side. Push away from the floor and protract your shoulder blade (move it away from your spine and around your ribcage).
- For the duration of the exercise, your body should remain in a straight line from your head to heels. Do not allow your lower back to hyperextend, round, or flex laterally, ribcage to flare, torso, spine or hips to rotate, or hips to pike or collapse.
- Aside from the leg that is performing the “march,” the rest of your body should remain in a relatively fixed position.
- For the duration of the exercise, keep your core braced (360 brace around your spine), and ribs tucked towards your hips (close the space in your midsection).
- In terms of breathing, do what works and feels best for you.



### **WATCH VIDEO**

## #6) Psoas March Hold With Band + Hanging Kettlebell

### Coaching Tips

---

- Hang a kettlebell from a medium to high tension resistance band, and place the band over your knee.
- Stand on one foot, and have a slight bend in your knee. Your head, torso and hips should be in a stacked position.
- Form a tripod base by placing your weight on the back portion of your foot, and the base of your big and baby toes. These parts of your foot should remain in contact with the floor for the duration of the exercise. Pretend you are suctioning or screwing your foot to the floor.
- Bring your other leg up so your thigh is at least parallel to the floor. Maintain this position for the duration of the exercise.
- For the duration of the exercise, do not allow your lower back to hyperextend, round, or flex laterally, ribcage to flare, or torso, spine or hips to rotate. Your hips should remain in a level position.
- Do not allow your knee to fall inside or outside of your foot. Maintain the tripod base for the duration of the exercise.
- In terms of breathing, do what works and feels best for you.



### **WATCH VIDEO**

## #7) Straight Leg Lifts From Pistol Squat

IMPORTANT: Avoid this exercise if being in a pistol squat stance bothers ANY part of your body. Instead perform exercise #3.

### Coaching Tips

---

- Get into a pistol squat stance. Fully extend your other leg.
- Form a tripod base by placing your weight on the back portion of your foot, and the base of your big and baby toes. These parts of your foot should remain in contact with the floor for the duration of the exercise. Pretend you are suctioning or screwing your foot to the floor.
- Place a yoga block or other object on the floor and so it's on the outside of the lower leg of the leg that's going to be performing the exercise.
- While keeping your knee fully extended, and ankle in a fixed position, lift your foot and lower leg over the object in a lateral direction, and then back to the starting position.
- For the duration of the exercise, do not allow your leg or foot to strike the object, or for your leg or foot to touch the floor.
- For the duration of the exercise, do not allow your lower back to hyperextend, round, or flex laterally, ribcage to flare, or torso, spine or hips to rotate.





- For the duration of the exercise, do not allow your knee of the planted leg to fall inside or outside of your foot.
- Aside from the leg that is performing the movement, the rest of your body should remain in a relatively fixed position.
- In terms of breathing, do what works and feels best for you.

## **WATCH VIDEO**



Thank you for supporting my work, and for downloading *7 Awesome Exercises For The Hips*. Please feel free to share your videos, thoughts, or feedback with me on Instagram. Make sure to tag me.

Join thousands of my satisfied customers in over 80 countries worldwide, and try out my ultimate programs today! 100% of the exercises in all of my programs have an extensive coaching description, video, and photo as I want you to feel like I'm there with you in person. After your purchase you get instant access to the program.



**[Click here to learn more about my products!](#)**