

Hip Twist

Starting position: Rest position. Centre engaged.

Level 1

- INHALE to prepare
 - EXHALE, roll your left leg outwards from your body
 - INHALE, roll your left leg back inwards until your left knee is in line with the left hip
 - Repeat alternating legs
- Sets: 2 Reps: 10



Level 2

Starting position: Place your arms out to the sides just below shoulder height, palms facing upwards. Connect your legs together and hold a small block between your knees.

Action

- INHALE to prepare
 - EXHALE, roll both knees to the right, continue to roll your pelvis, waist and then lower back towards the right. Finally, roll your head and neck towards your opposite shoulder, keeping your neck long
 - INHALE and hold
 - EXHALE, roll your head and neck back to the midline. Finally, roll your lower back, waist, pelvis and then legs back towards the midline.
 - Repeat alternating sides
- Sets: 2 Reps: 10



Level 3

- INHALE to prepare
 - EXHALE, float your left leg into tabletop
 - INHALE and hold the tabletop position
 - EXHALE, keeping your leg in tabletop, glide this leg outwards from your hip joint
 - INHALE, draw this leg back inwards until your left knee is directly above your left hip
 - Repeat several repetitions on this leg and then repeat on the opposite leg
- Sets: 2 Reps: 10



Level 4

- Float one leg at a time into the tabletop position
 - INHALE to hold this double tabletop position
 - EXHALE, keeping your legs in tabletop, glide your left leg outwards from your hip joint, keeping the right leg still
 - INHALE, draw this leg back inwards until your left knee is directly above your left hip
 - Repeat on your right leg, keeping the left leg still
 - Repeat alternating legs
- Sets: 2 Reps: 10



Level 5

Starting position: Place your arms out to the sides just below shoulder height, palms facing upwards. Float one leg at a time into the tabletop position. Connect your legs and hold a small block between your knees.

Action

- INHALE to prepare
 - EXHALE, send your legs to the left, continue to roll your pelvis, waist and then lower back towards the left, maintaining the tabletop position of your legs. Finally, roll your head and neck towards your opposite shoulder, keeping your neck long
 - INHALE and hold
 - EXHALE, roll your head and neck back to the midline. Finally, roll your lower back, waist, pelvis and then legs back to the midline.
 - Repeat alternating sides keeping the legs lifted in the tabletop position
- Sets: 2 Reps: 10



Tips

- Imagine your shoulder blades as anchors to prevent them lifting away from the mat
- As the legs and body roll to the side, imagine the ribcage sliding downwards to meet the hips to avoid flaring the ribcage
- Imagine the spine as a corkscrew, rotating from the tailbone upwards to the mid back