

9-MINUTE DYNAMIC HIP CIRCUIT

-Stance Work:30 seconds each

Shifting: In a GOOD Stance: Thumbs Pointed, Heels, Knees in Vert. Alignment ETC.

- *Flexing Pelvis to the Ground & Swinging Butt L/R*

Stance Underhand Arm Swings-In 3 Point Stance; 30 seconds each side

Ex: Left Hand Down Swing Right Arm Right Out From Body, Then Left Across Body.

-Kneeling Set- (“Take a Knee” Position”)Arms Up Overhead 30 Sec Each

- *Front & Back*
- *Left & Right*
- *Switch Knee and Repeat*

-Drop Step Directional Planes Set-

Standing Knees Slightly Bent: 2x Left Foot Drop 2x Right Foot Drop

Facing Forward: Take Half a “Reverse Lunge Step” Stick and Go Explode out 5 yds.

Facing Away: Repeat^

Facing Left: Repeat^

Facing Right: Repeat^

-Left/Right Drop Step Foot 2-Point Stance 5-yd Sprint Out-2x ea

-Left/Right Drop Step 4-Point Stance 5-Yd Sprint Out-2x ea

-Kneeling Position:Start on Both Knees; Sprint Out 5 yds-4x

-SpiderMan Walk- 2 sets 30 seconds

Pushup Position, Foot Past Hands.

-Hip Horseshoes over Bench-1 set of 30 seconds each foot.

On one foot; Raise foot up and over and down, Weight Bench or Object.