



The Female Fitness Academy

POSTURAL CORRECTION

Tight Hips

This strength and mobility exercise circuit will help to mobilise the hips and pelvis -
REPEAT THE CIRCUIT UP TO 3 TIMES

| Exercise | Image | Time |
|--|-------|------------|
| 1 Kneeling Hip Flexor | | x30 |
| 2 Frog Stretch | | x30 |
| 3 Pigeon Pose | | x30 |
| 4 Single Knee Drop | | 15 |