Hip Mobility Workout for Beginners

Twenty minutes on the floor for tight hips from sitting: circles, the 90 90, a deep lunge, a low squat and long holds.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Mobility	Lower body	Beginner	20 min	None

WARM UP

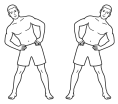
Once through, at an easy pace

Leg Swing



10 reps
each side

Hip Circle



8 reps

Cat-Cow Pose



8 reps

MAIN

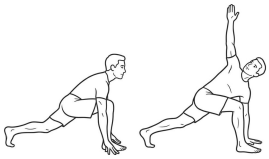
All sets of a move, then the next

1 90/90 Hip Stretch



2 × 45 s
each side · rest 15 s
Sit tall; lean over the front shin only as far as is easy

2 World's Greatest Stretch



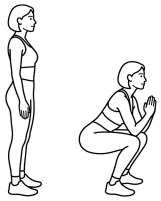
2 × 5
each side · rest 30 s

3 Kneeling Hip Flexor Stretch



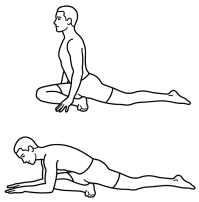
2 × 30 s
each side · rest 15 s
Squeeze the glute of the back leg

4 Garland Pose



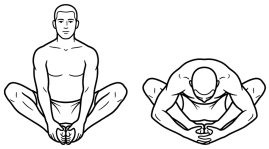
2 × 45 s
rest 30 s
Heels on a folded towel if they lift

5 Pigeon Hip Stretch



45 s
each side

6 Butterfly Stretch



45 s

COOL DOWN

Once through, at an easy pace

Happy Baby Pose



45 s

Reclined Spinal Twist



30 s
each side

Child's Pose



45 s