DYNAMIC ACTIVATION - EXERCISES

Hip Crossover
Purpose:
1. To build mobility and strength by disassociating the hip from the shoulder

Procedure:
Lie supine on the floor, arms and shoulders extended out and feet flat on the floor and knees bent to 90°. Rotate your leg to the right until your knee touches the floor, then repeat to the left side and continue to alternate until the desired repetitions are reached. Continually activate your transverse abdominis throughout the movement, while keeping your shoulders, torso and feet on the ground. You should feel a contraction of your core muscles as well as a stretch through your lower back.

Progression:
1. Flex your hip and your knees to 90° and keep your feet off the ground
2. Flex your hip at 90° and keep your knees extended

Forward Lunge to External Hip Rotation
Purpose:
1. To improve flexibility in the inner thigh, hamstring, lower back, torso, groin, hip flexors, and quadriceps

Procedure:
Take a large step forward on your left leg; place your right hand on the floor even with your left leg. Place your left elbow medially on your left knee and rotate your left hip outside by pushing your elbow on your knee. Bring your knee back to the center and pull from your hips, straightening both legs, dorsi flexing your front foot. Step forward in to the next lunge and repeat for the desired repetitions. During the first part, you will feel a stretch in your groin, back leg hip flexor, front leg quadriceps and inner thigh. During the second part you will feel a stretch in your front leg hamstring and calf.

Lateral Lunge
Purpose:
1. To open up the muscles of your groin and hips
2. To strength your postural muscles as you sit back and down

Procedure:
Step out to the right, pointing your toes straight ahead and flat on the floor. Squat as low as possible by sitting back on your right leg, keeping your weight on your right leg’s mid-foot, keeping your left leg straight. Hold for 2 seconds then return to the standing position and repeat for the desired repetitions. You will feel a stretch in your inner thigh.

Drop Lateral Lunge
Purpose:
1. To improve flexibility in the hips, gluteus medius, and iliotibial (IT) band

Procedure:
From a standing position, reach back with your left foot while turning your hips, until the left foot is about 2 feet to the right of your right foot. Rotate your hips forward again so your hips and shoulders are square with your feet. Drop down in to a squat, by pushing your hips back and down, while keeping your right heel on the ground. Drive up on your right foot to a standing position and repeat moving to the right for the desired repetitions. Switch legs and repeat, returning back to the left. If space is an issue, you can alternate from right to left, staying in a stationary position. You should feel a stretch in your hips, gluteus medius, and IT bands.
**Inverted Hamstring**

**Purpose:**
1. To improve flexibility in the hamstrings
2. To improve balance
3. To improve dynamic postural stabilization

**Procedure:**
With arms abducted to 90°, flex your hips 90° while balancing on one leg and maintaining perfect posture. Your shoulder to heel should move as one forming a straight line from your shoulder to ankle (you should be able to balance a broom down your back). Return to standing position and alternate legs for desired repetitions. You should feel a stretch in your hamstring of your planted leg.

**Scorpion**

**Purpose:**
1. To lengthen and strengthen the core muscles
2. To improve flexibility in the pectorals, quadriceps, hips and abdominals
3. To activate the gluteals

**Procedure:**
Lie prone with your shoulders abducted to 90°. Bring your left foot to your right hand, placing your [foot flat on the floor?]. Be sure to fire your left gluteal to activate the movement, while keeping your right hip on the floor. Alternate legs and repeat for the desired amount of repetitions. You should feel a stretch in your quadriceps, hip flexors and [lower back?], as well as gluteal activation.

**Calf Stretch**

**Purpose:**
1. To increase flexibility in both gastrocnemius and soleus

**Procedure:**
In a prone pike position with your hips flexed at 90° and hands on the floor, place the left foot over the right heel. Pull your right toe toward your shin, at the same time, pushing your right heel down to the floor. Exhale while you push your heel down and hold for a one count. Bend your right knee, while keeping your heel pressed down to the floor. Repeat for desired repetitions, and switch legs. In the first phase of the movement, you will feel a stretch in your gastrocnemius and in the second phase of the movement you will feel a stretch in the soleus.

**Backward Lunge with Hip Rotation**

**Purpose:**
1. To lengthen the hip flexors, quadriceps, and core
2. To increase flexibility in the entire body
3. To improve balance

**Procedure:**
With your feet together, step backward with your right leg into a lunge. Arch your back slightly while you twist your torso to the left and reaching with your right hand in to the air. As you rotate, fire the gluteal of your right leg to help relax your right hip flexor (reciprocal inhibition). Push from your right leg to a standing position and repeat on the other leg. Alternate your legs for the desired amount of repetitions. You will feel a stretch from your back leg to your core and latissimus dorsi, and a stretch in your hip flexor.

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**Sumo Squat to Stand**  
**Purpose:**  
1. To improve flexibility in the hamstrings, groin, ankles and lower back  
2. To improve scapular stability  
**Procedure:**  
Standing straight with your feet outside of your hips, flex at your hips and knees, and grab your toes. Pull your hips down toward your feet until they are between your ankles and lift your chest up (try to get your chest vertical). Pull your chin up and depress and retract your shoulder blades. While still holding on to your toes lift your hips up and straighten your knees. You should feel a stretch in your hamstrings, groin, and lower back. Your ankles will feel a lighter stretch. You will feel activation of your muscles between your shoulder blades.

**Hand Walk**  
**Purpose:**  
1. To build shoulder stability and core  
2. To stretch hamstrings, calves and lower back muscles  
**Procedures:**  
In a standing position, bend at the hips until your hands are touching your feet (minimize the amount of bend in your knees). Walk your hands out past your shoulders, while keeping your legs straight. Now walk your feet back to your hands. If space is an issue, you can walk your hands back to your feet. Repeat for the desired amount of repetitions. You should feel a stretch in your hamstrings, lower back, gluteals, and calves. And muscle activation in between your shoulder blades. You may also feel burning in the front of your shins.

**Walking Knee Hugs**  
**Purpose:**  
1. To improve flexibility in the gluteals and quadriceps  
2. To strengthen postural muscles of the spine and shoulder stabilizers  
3. To improve balance  
**Procedure:**  
Start in a standing position. Pull your left knee to your chest with both hands and hold for a one count. Step forward with your left foot and alternate sides. Repeat for the desired repetitions. You will feel a stretch in you gluteals and quadriceps, lower back and shoulder stabilizers.

**Walking Leg Cradles**  
**Purpose:**  
1. To improve flexibility in the hip flexors and external hip rotators  
2. To strengthen the postural muscles of the spine and shoulder stabilizers  
3. To improve balance  
**Procedure:**  
Lift the right knee to your chest and place your right hand on the medial aspect of the knee and the left hand on your ankle. Pull the foot gently to your chest and push gently down on your knee, while contracting your left gluteal. Step forward with your right foot and alternate sides. Repeat for the desired repetitions. You will feel a stretch on the outside of your hip of your front leg and a stretch in the hip flexor of your back leg.