

## Mini Routine for Stiff Hips

Level 1

To Help Ease Stiff “Morning Hips”, Stiff Back and Get You Moving in the Morning

You can do this routine in bed or on the floor, to ease away morning stiffness in your hips and get you going.



### Reclining Butterfly

Hold for 6 – 20 breaths.



### Side to Sides

3 – 5 Rounds  
No Hold as such but pausing instead.



### Leg Fold

Both legs together.  
1 round.  
Hold for 6 – 20 breaths.

If you'd like to continue, you can then climb out of bed and do these stretches, to get energized and breathing well for your day:



### Simple Side Bend

3 times each side.  
Alternating sides.  
No hold as such, but pause.



### Wood Chopper

3 – 5 Repetitions  
No Hold as such but pause.



### Abdominal Lifts

3 rounds