

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