



## ***AN ADVANCED TWO-EXERCISE "HIP SERIES"***

These two movements are presented together in a series because of their unique set up and similarity.

What is this *unique set-up*?

It Is...a subtle forward tilt - an "anterior-tilt" - of the pelvis, which leads actively into a hip-hinge.

**There are specific reasons for this alteration of our usual "neutral spine" position - for these more advanced exercises. Keep reading.**

1. This slight anterior tilt is a **more "athletic" position** that mirrors a posture often used or recommended to maximize running speed and/or agility. It's a true "sport-specific" or "run-specific" hip position.
2. It's a **safe posture** to perform exercises of this type.
3. Importantly, this slight anterior tilt and subsequent hip-hinge **pre-loads the posterior chain/hip extensor muscles**. In other words, your hips will light up and engage automatically.
4. **Optimal centration of the head of the femur** in the acetabulum.

Lastly, the real key lies in maintaining a neutral spine position over the pelvis - so that the motions we'll use occur at the femoropelvic joints - and NOT at the thoracolumbar or lumbosacral junctions.

To put it much more simply: **You'll move THROUGH your hips vs. moving through your back! A very good thing!**