











Workout Type	Hip Circuit
Time	15-20 mins
Equipment	None
Rounds	1-2

Exercise	Reps	Instructions	
Twisted Warrior	10 reps each side	Twist trunk not just arms and hold for count of 1, Repeat with opposite arm. This is one rep.	 A man in a green shirt and black shorts is performing a Twisted Warrior pose. He is in a lunge with his right leg forward, his right hand on the floor, and his left arm extended upwards. A purple exercise ball and a blue foam roller are visible in the background.
Butt Scoots	20 forward 20 back	Sit upright at 90-degree angle, clasp hands and hold them out in front of you. Keep upper body still and hike the hip and twist it forward. Then hike and twist opposite hip	 A man in a green shirt and black shorts is sitting on the floor in a 90-degree angle. He is clapping his hands together in front of him and performing hip scoots. A blue foam roller and a purple exercise ball are visible in the background.
Pigeon Hip Extensions	10 each side	Move into the pigeon position with the front leg under and across the body. Extend the back leg keeping the glute engaged.  As you raise and lower the back leg keep the glute engaged	 A man in a green shirt and black shorts is in a Pigeon Hip Extension pose. He is on a blue mat with his right leg bent and foot under his left hip, and his left leg extended straight back. A blue foam roller and a purple exercise ball are visible in the background.

Glute Rainbow	10 each side	Keep a nice stable bridge with fingers pointing out and thumbs forward. Raise one leg at 90 degrees, then twist outwards, then inwards, this is one rep.	
Standing Hip Circles	5 each side	Raise one leg to 90 degrees, then twist out to the side. Keeping the knee in the same height, twist your foot behind you, then push the sole of the foot towards the back wall. Return to the starting position.	
Tippy Twist	8 reps each leg	Hands on hips and balance on one leg. Bend forward keeping a neutral spine and extend the leg behind. Twist hips in towards the floor then outwards to the ceiling Return to upright position.	
Burpees	10 reps	Ensure you are upright and not leaning forward when you jump up.	

Frog Bridge	25 reps	<p>Lie on your back with legs bent at approx 90 degrees with the soles of the feet together.          Clasp hand and extend arms to the ceiling.          Press hips as high as possible without arching the back to engage the glute max.</p>	
Lateral Hurdle Hop	20 hops	Hop sideways from one foot to the other. Try to look forward to remain upright	