

7.15 – PRONE WINDSHIELD WIPERS



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve hip internal rotation mobility which are caused by hip capsule restrictions.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Lie on your stomach with your arms out to the sides. Your knees should be together and feet up in the air.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Keeping the knees together, let the feet fall out to the sides. ▪ Hold for a two count, and then return to the starting position.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Focus on keeping the knees together throughout the course of this exercise.