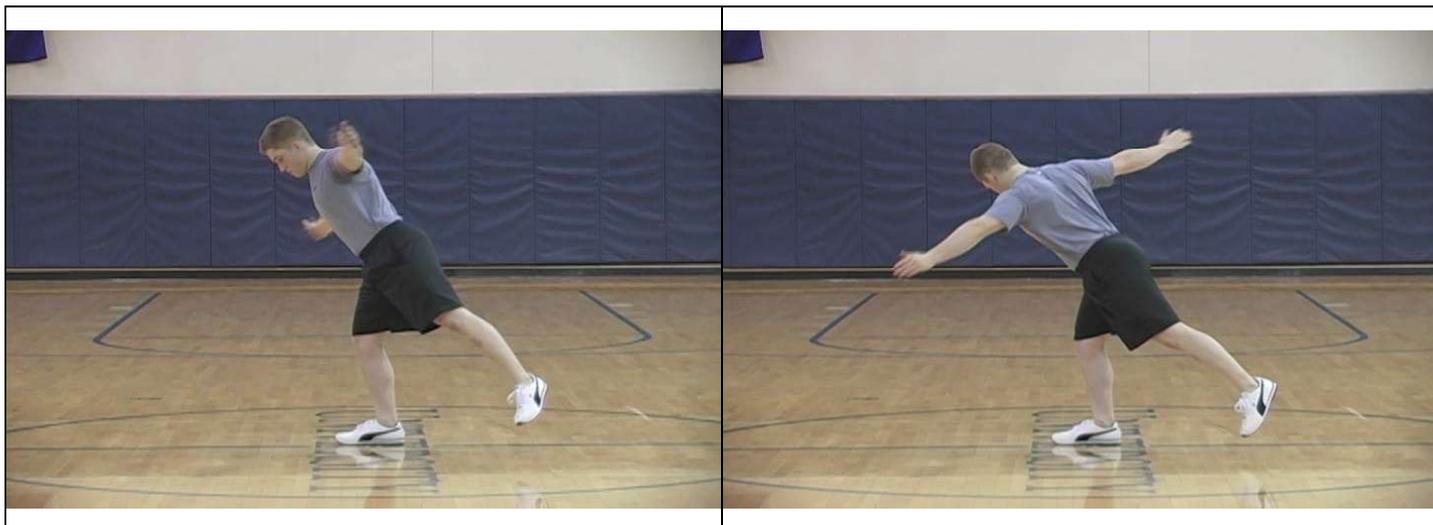


### 7.3 – HIP AIRPLANES



<p><b><u>Purpose</u></b></p>	<ul style="list-style-type: none"> <li>▪ To improve hip internal and external rotation mobility.</li> <li>▪ To develop stability in the down-leg hip and foot.</li> </ul>
<p><b><u>Set-up</u></b></p>	<ul style="list-style-type: none"> <li>▪ Split your legs from front to back and place all your weight on the front leg.</li> <li>▪ Incline the upper body forward and extend the back leg so you develop a straight line between your upper body and back leg.</li> <li>▪ Abduct your arms to 90 degrees for balance.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ Lift the back foot to balance on the front leg.</li> <li>▪ Rotate the pelvis towards the front leg, and then away from the front leg.</li> <li>▪ The upper body and back leg should be in a straight line throughout.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Maintain the incline of the upper body throughout the exercise.</li> <li>▪ Rotate from the hips and not the lumbar spine.</li> </ul>