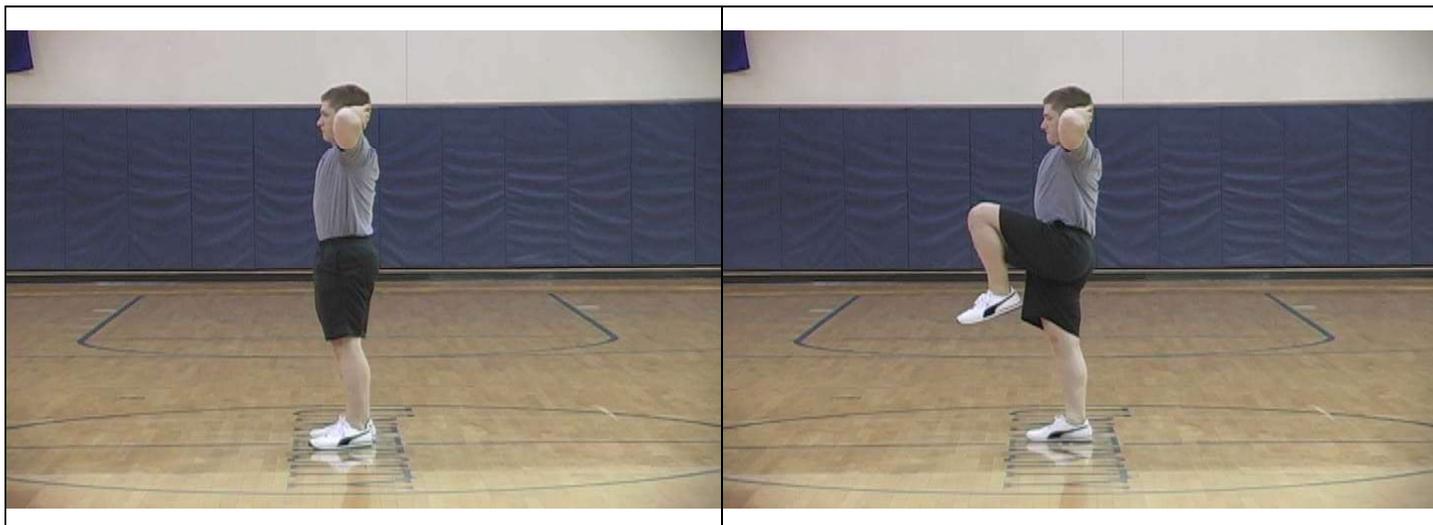


## 11.4 – STANDING PSOAS HOLDS



<p><b><u>Purpose</u></b></p>	<ul style="list-style-type: none"> <li>▪ To activate and strengthen the psoas, while integrating core, foot and hip stability.</li> <li>▪ To teach the difference between hip flexion and lumbar flexion.</li> </ul>
<p><b><u>Set-up</u></b></p>	<ul style="list-style-type: none"> <li>▪ Stand up tall with your fingertips behind your head.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ Gently brace the core, lift the ribcage and pull the left knee as high as possible.</li> <li>▪ Keep your chest out, core tight, left knee above 90 degrees, and your right hip extended with the glutes tense.</li> <li>▪ Hold for 3-5 seconds, lower and repeat.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Maintain good posture throughout – chest up and neutral spine throughout.</li> <li>▪ Make sure to flex the hip versus the lumbar spine, and actively extend through the down leg.</li> </ul>