

11.2 – SEATED PSOAS HOLDS



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To activate and strengthen the psoas, while integrating core stability. ▪ To teach the difference between hip flexion and lumbar flexion.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Sit on a very low box with your knees above your hips. ▪ Place the fingertips behind the head, lift the chest, and gently brace the core.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Slowly raise one knee an inch or so off the ground. ▪ Focus on staying tall through the torso and driving from the front of your hips. ▪ Hold for 3-5 seconds, and then return to the starting position.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Keep the natural curve in your lower back throughout the course of the movement. ▪ Make sure to pull your knee in a straight line – don't allow it to deviate side-to-side.