



**neurogym**<sup>®</sup>

EVIDENCE-BASED EXERCISES  
FOR BRAIN AND BODY

## BEGINNER EXERCISES FOR THE HIP

*These exercises use a number of buttock and thigh muscles and are an effective starting point to improve control of the hip.*

### SUPINE BRIDGE EXERCISE

#### Step 1

Lie on your back with your knees bent, feet flat, hip width apart.



#### Step 2

Place pressure through your heels and gently squeeze your buttocks. You should maintain the natural curve in your lower back.

#### Step 3

Slowly raise your pelvis and torso until your body is straight.



#### Step 4

Slowly return to the step 1 position.

Repeat steps 2 to 4 ten times.

### OUTER THIGH EXERCISE

#### Step 1

Lie on your side with your top leg straight and turned slightly inwards. Hand supports your head.



#### Step 2

Slowly raise the leg towards the ceiling. You should feel your outer thigh and buttocks working. You can use an ankle weight to increase the difficulty.



#### Step 3

Return your leg to the step 1 position without letting your toe touch the ground.

Repeat steps 2 and 3 ten times each side.

Did you know your brain contains maps of your body and that each and every one of your muscles is connected to your brain via nerve pathways?

## CLAMS

### Step 1

Lie on your side with your knees bent. Hand supports your head.



### Step 2

Slowly turn your top leg outwards keeping your feet together. You should not twist your body. You should feel your buttock muscles working.



### Step 3

Return your leg to the step 1 position.

Repeat steps 2 and 3 ten times each side.

It has recently been discovered that the nerve cell connections in your brain can change over time – this is called neuroplasticity.

## BALANCING



### Step 1

Use the floor or find a pillow or wobble board.

### Step 2

Place your foot in the middle of the wobble board and stand on one leg. Keep your pelvis level and try to keep your body still. You should feel your buttocks working on the standing leg.

Aim for 60 seconds each leg.

When one or more of your gluteal muscles is not functioning well you can adopt faulty movement patterns

Performing specific exercises can improve the pattern of activation of your muscles.

## HIP FLEXOR STRETCH

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### Step 1

Kneel with one leg in front of the other, hips and knees at 90 degrees.



### Step 2

Tilt your pelvis downwards so that you feel a stretch in the front of your hip.



30 seconds on each side.

When you learn new exercises you are not just exercising your body – you're also changing your brain.

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