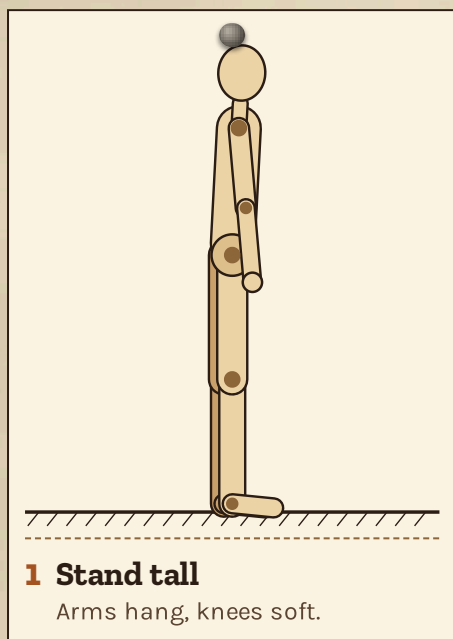


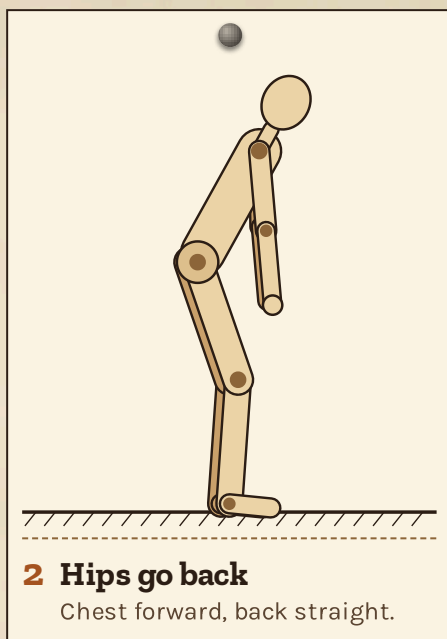


Hip hinge

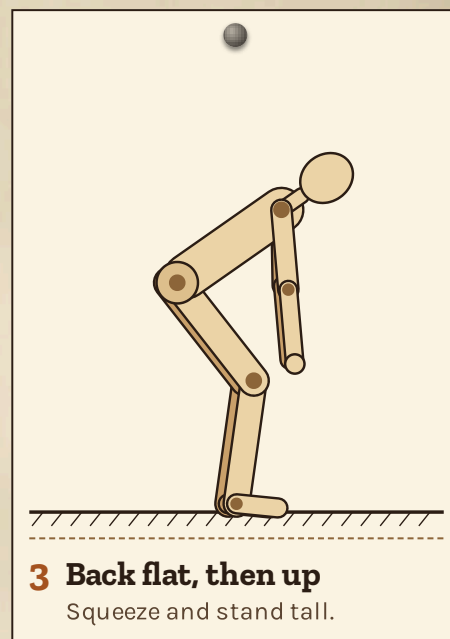
The safe way to bend and lift, practised without the weight. Hinge from the hips with a straight back, the way to pick up timber, shopping or a toolbox.

**1 Stand tall**

Arms hang, knees soft.

**2 Hips go back**

Chest forward, back straight.

**3 Back flat, then up**

Squeeze and stand tall.

The beat

3 seconds to hinge forward, a short pause, 2 seconds to stand tall. 10 hinges is one set. Rest a minute between sets.

How to do it

1. Stand tall, feet hip-width apart, knees soft.
2. Let your arms hang loosely in front of your thighs.
3. Push your hips back and let your chest come forward, arms hanging towards your knees.
4. Keep your back straight and your head in line. Stop when you feel a stretch in the backs of your legs.
5. Squeeze your backside and push your hips forward to stand tall.

Make it fit you

Easier

Only hinge a short way, or rest your hands on a worktop in front of you.

Harder

Hold a light bag of shopping in both hands.

Back

Keep the back flat, not rounded. Any back pain, make the movement smaller.

Tally board

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Set 1							
Set 2							
Set 3							

Mark a stroke for every set you finish. Start with one set a day and build up when it feels easy.

Too stubborn to quit

Watch the video at stubburncarpenter.com/training/hip-hinge/ This is what worked for me, not medical advice. If you have a heart condition, have had surgery, or feel dizzy, chest pain or breathlessness, stop and check with your GP before carrying on.