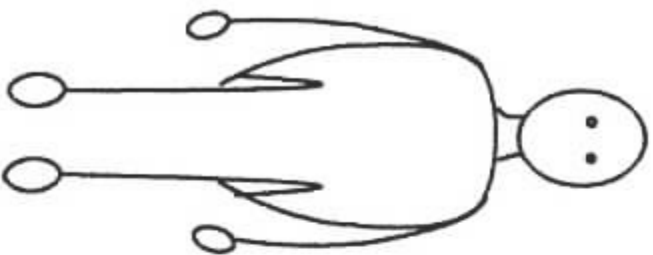


# HIP ROLL

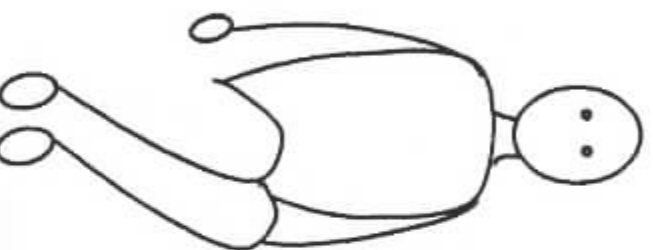
2

eyes fixed on spot directly overhead throughout exercise

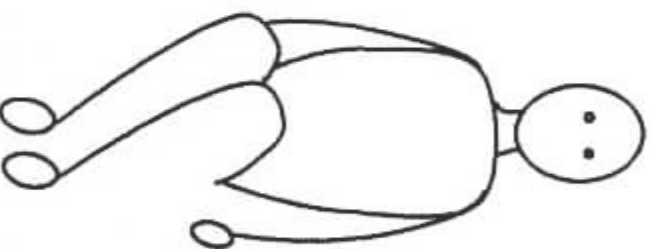
Top  
View



Lie on back, on floor.  
Pull knees up to chest  
with knees together  
(touching).



Keeping knees bent  
and shoulders still,  
slowly turn legs  
toward the right.  
Turn only as far as is  
comfortable.



Slowly return legs  
to mid-line, then  
turn toward the left.



Return legs to  
mid-line.

Do once.