

**HIP HIP
HORRAY!**



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www.HiveFiveWellness.com

HIP HIP HORRAY! EBOOK



"The world of health, fitness, and wellness is filled with conflicting information and confusing sound bytes that can lead anyone to feeling overwhelmed, undeserving, and uninspired.

No one needs to feel like that, so, I set out on a mission to help get you started on your path towards uncovering a stronger, healthier, and better you!"

Max Akulin

Founder, Hive Five Wellness



INTRODUCTION

We are a culture of professional desk sitters. The majority of our day is spent sitting in some form or fashion and so many experience nagging aches and pains in and around our hips and lower backs.

Your hips aid in simple tasks like getting out of bed, sitting on the toilet, or walking, and if this is your priority, then taking care of your hips is, too!

This Hip Hip Horray! eBook is a resource I created for anyone who wants to have bendier hips, less pain in their low backs or be able to move around more freely.

The exercises you'll find here are just a taste of what you'll find in my Functional Movement classes and in personal training sessions with me.

I've compiled these movements to help you move and feel better, but I hope you understand this document is also three things:

- 1) Not an instant fix nor cure-all for every type of discomfort;
- 2) These are generalized movements that tend to help most people (re: not all) when they incorporate these into a regular practice; and
- 3) A labor of love. I am passionate about optimizing what you've already got so you can live a more functional life.



THREE WORDS

Remember this as you begin to walk the path:

**TAKE.
YOUR.
TIME.**

"You've made this day a special day by your just being you. There is no person in this whole world like you, and I like you just the way you are."

FRED ROGERS



POSTURE #1

TOES UP

Potential Metrics to Gauge Improvement:

Measure the Space Between Toes
and Time



DESCRIPTION

Lift your toes as high as they'll go. This may be enough for you, and if you'd like more, spread them as wide as you can. Keep them up. Breathe. Stay in this simple position for 10 deep inhales.

Pro Tip: It helps to spread your fingers and raise your eyebrows as much as you can.



POSTURE #2

DUCK BUTT

Potential Metrics to Gauge Improvement:

Measure the Angle of the Knee
and Time



DESCRIPTION

From your standing position, bend your knees and bring your hips back and down. Your upper body will lean forward and I want you to focus on arching your chest up.

In doing so, you'll feel your lower back muscles turn on which is when the pose really starts to take on a life of its own.

For those who are acquainted with yoga, you'll see this as a variation of chair pose.



POSTURE #3

SINGLE LEG BALANCE

Potential Metrics to Gauge Improvement:

Time



DESCRIPTION

Place your free foot on top of your standing foot and keep your knee straight.

That's it.

Stay here for as long as you can, but strive for 1 minute each side. If this is too easy for you, add more time.

On the other hand, if you can't seem to get your balance, that's okay! Hold on to a stable surface and decrease the amount of time.

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HOW DO YOU
KNOW IF YOU HAVE

improved

YOUR MOBILITY OR
FUNCTION?

Here are two
questions I ask myself:

1 Does moving my **body part** feel better, worse, the same, or different?

2 Am I able to move my **body part** more than before?

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POSTURE #4

GOLFER'S STRETCH

Potential Metrics to Gauge Improvement:

How easy it is to breath deeply
How far you can twist
Time



DESCRIPTION

Placing your toes together and heels apart, you may find that standing here in this position is enough. If it is, stay here. If you want more, begin to twist the hips and upper body to one direction keeping the feet where they are.

This twist starts to speak to you rather quickly, so be judicious with your movement and only go as far as your body wants to.

Take several deep inhales and return to center on the last one. Repeat on both sides.

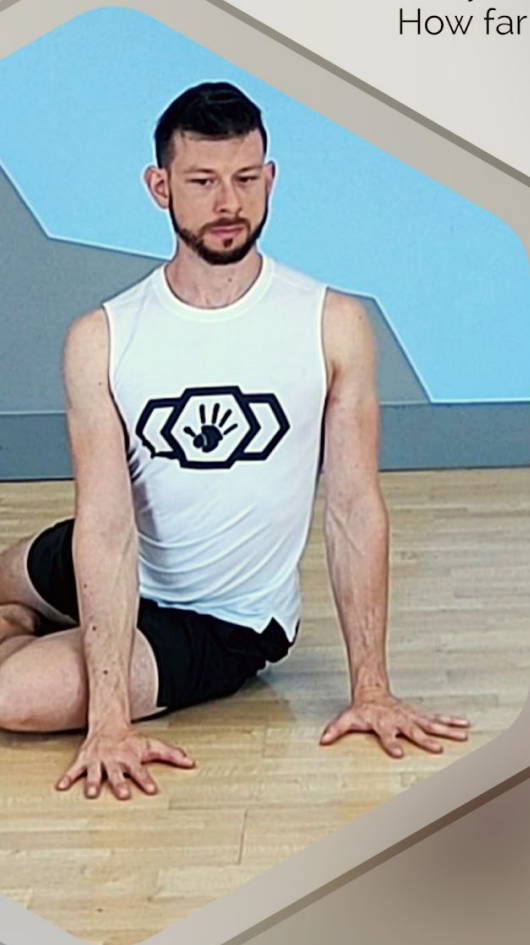


POSTURE #5

PINWHEEL

Potential Metrics to Gauge Improvement:

How easy it is to breath deeply
How far you can twist
Time



DESCRIPTION

Sit on the mat, place your feet on either side with your knees bent. Keep your feet where they are and let your knees fall over to the left. Twist your upper body in that direction.

This will allow you to place your hands to the left of your left thigh. Take the deepest breath you can possibly inhale, then continue to breathe this deeply for 10 inhales.

On your 11th inhale, untwist to center and proceed to the other side.

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AND NOW...

for the most important act today

Self High Five

"There is a moment when you realize the work you've done - the growth you've earned - has opened doors you never even knew existed, beyond the doors you never thought would open, to a life you now get to create **ON YOUR TERMS.**

MAX AKULIN
Your Lifestyle Architect

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YOU'RE INVITED!

If you found these movements to be new, different, AND effective, then you will find the movements on the Member's Only page to be as well!

Scan the code to the right and you'll be directed to the landing page on my website. From there you'll see all that is available to you and an opportunity to join The Hive. There's so much value baked into it, including:

- 1) Access to a private member's page on my website dedicated to hip mobility with:
 - 2) Descriptions and videos for over 20 movements from my Movement Library
 - 3) Regressions and Progressions to help keep the practice at your level with options to grow when you're ready.
- And so much more! Just visit:

www.HiveFiveWellness.com/HipHipHurray

SCAN



THIS



HIP HIP HORRAY!

Friends and colleagues have asked me
“what one thing can I do to be
healthier, stronger, or more resilient?”

YOU'VE ALREADY DONE IT.
YOU SHOWED UP.
YOU DID IT FOR YOU.

Now keep showing up,
because you're worth it.

Max Akulin

Founder, Hive Five Wellness

