

WARM UPS

RAMP (Mobilisation - Leg Swing)

By Cathal Fanning

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Description & Coaching Points

[Cathal is working here with his client, Dominika (Dom). The description below is best read in conjunction with the accompanying video].

Now we're looking at the Leg Swing. What we're trying to do here is get more movement and fluidity through the hip.

So what I'd like you to do, Dom is start from a hip-width stance and we're going to start on our right side, aiming to do 10 reps.

What I want you to do is accelerate the leg up through to hip height and then just allow it to fall back underneath you. Okay?

So when you're ready, try and do as much as you can. Your freestanding is good. And bring that leg back underneath you. Accelerate up - make it a bit more forceful. Try not to pause at the top and just allow it to fall underneath you. Think about it as if it was like a pendulum swing so that it feels quite nice and smooth.

We're trying to get fluidity through the hip as I mentioned, but also as well our hamstring and glutes.

Five more for me, Dom. Good fluid movement. Last three. Two to go. Last one. Excellent.

Okay, we'll do the same on the other side.

It's important to note that if your client struggles with stability, they might want to use a side support or something that they can just hold onto to gather stability.

So Dom, if you could do this one for me just holding a support on the left side. Same again. So accelerate that leg up through to hip height. Excellent. And just allow the leg to fall underneath you.

Again, it's important to change your coaching view, just to make sure that you're happy with everything.

So forwards, then back. Four more for me Dom. Two to go. Last one. Excellent.

And relax there.

Areas of the Body Targeted

- Hips
- Legs

