

WARM UPS

RAMP (Mobilisation - Hip Rotation)

By Cathal Fanning

- **Description**
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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 going to look at the hips and for this we're going to work through hip rotation.

Dom, what I'd like you to do is take your feet to outside of shoulder width and then place your hands onto your hips. The starting with your hips, sliding to your right hand side, and then I want you to rotate nice and wide through to your left. Soon as you get to your left slide your hips across the front and we continue to rotate.

What I like to say to clients is - imagine that you've got a paintbrush at the top end of your leg and you're trying to paint the whole of the inside of that hip socket. It helps them imagine trying to move as wide as they possibly can.

When you're ready, Dom, come back to the centre and we'll do then the same on the left hand side.

It's important to note that you change your coaching view, so from forward to back, and also side by side as you may need to make some adjustments to the client's position.

Two more for me, Dom.

Last one. And relax there. Perfect.



Areas of the Body Targeted

- Hips

