

# Hip Mobility Exercises

## Step-by-Step Guide + PDF Routines

Improve flexibility, reduce pain, and move better at any age

### 1. Introduction

Hip mobility is essential for improving athletic performance, preventing injuries, and maintaining healthy movement patterns.

This guide is designed for adults over 30, athletes, and anyone looking to improve their flexibility and movement quality.

  
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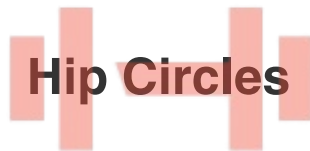
### 2. Safety and Warm-Up Tips

- Warm up before doing mobility work with light cardio (3–5 minutes).
- Work within your range — you should feel a stretch but never pain.
- Move slowly and with control to prevent injury.
- Breathe deeply throughout each movement.

### 3. Step-by-Step Exercise Instructions

#### 90/90 Hip Stretch

1. Sit on the floor with one leg bent at 90° in front and the other bent at 90° behind you.
2. Keep your torso upright and lean forward over the front leg.
3. Hold for 20–30 seconds, then switch sides.



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1. Start on all fours with your hands under shoulders and knees under hips.
2. Lift one knee slightly off the floor and draw slow circles outward.
3. Perform 6–8 circles each direction per leg.

#### Lunge with Rotation

1. Step into a forward lunge with your back knee off the floor.
2. Rotate your torso toward the front leg, opening up the hips.
3. Hold for 2–3 seconds, then return and repeat 8–10 reps per side.

## 4. Exercise Variations and Modifications

Each exercise in this guide can be adjusted to fit your experience level.

Beginners can reduce the range of motion or use support for balance.

Advanced users can increase the hold time, add light resistance, or combine movements for added challenge.

## 5. Sample Routines

Goal	Exercises	Duration
Flexibility	90/90 Hip Stretch, Hip Circles	5–7 mins
Pre-Workout Warm-Up	Hip Circles, Lunge with Rotation	8–10 mins
Recovery / Cool-Down	90/90 Hip Stretch, Lunge with Rotation	10–12 mins

## 6. Progress Tracking Chart

Use this chart to monitor your mobility training progress. Fill in the date, exercises performed, sets/reps, and notes on how you felt.

Date	Exercise	Sets/Reps	Notes

Thank you for using this guide! Consistency is key — practice these hip mobility exercises regularly and track your progress. Visit [Dskulboi Fitness](#) for more workouts and routines tailored to adults over 30.