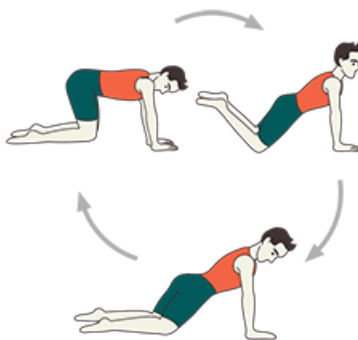


# Hip Openers for runners

Andy Fermo



1. **Wide Child Pose** • Prasarita  
Balasana



2. **Table Top Hip Circles** •  
Bharmanasana Hip Circles



3. **Crescent Low Lunge Pose**  
Block



4. **Half Splits Pose Block** • Ardha  
Hanumanasana Block



5. **Bound Crescent Low Lunge**  
**Pose Strap** • Baddha Anjaneyasana  
Strap



6. **Lizard Pose Elbows Block** •  
Utthan Pristhasana Elbows Block



7. **Wide legged squat over one leg**  
• Skandasana



8. **Reclined Hand To Big Toe Pose**  
**Variation Strap** • Supta  
Padangusthasana Variation Strap



9. **Supine Spinal Twist Pose II** •  
Supta Matsyendrasana II

repeat other side