



*canfitpro 2017*

# **Hip Hinge Fundamentals**

Presented by **Kevin Darby**

## **DTS 7 Step System**

### **1. ASSESS:**

- Centre of Pressure on the Feet
- Hinge at the Hips
- Maintain Neutral Spine
- Maintain Neutral Neck

### **2. MOBILITY: FASCIAL STRETCH THERAPY – STRETCHTOWIN.COM**

- Hips Not Hamstrings

### **3. STABILITY: BIRDDOG**

- Hip Extension Pattern
- Shoulder Retraction Pattern
- Dynamic Stability – Pertrubations

### **4. GROOVE THE PATTERN:**

- Hip and Shoulder – Kinesthetic Cueing
- Resistance at Hip with Band
- Kneeling to Standing
- Dowel on Back
- Hinge to Target (Dowel or Wall)



## 5. TRAIN THE BRAIN:

- Close Grip Deadlift – Kettlebell or DB
- Coaching and Cueing considerations
- DECA Approach
- Push Feet into Ground
- 3B – Breath Behind the Brace
- Shoulder Set

## 6. REASSESS:

---

## 7. HOMEWORK:

---



## **COURSE OFFERINGS - CHECK WEBSITE FOR DATES**

**DTS Level 1 & DTS Level 2**

**Stretch to Win® Fascial Stretch Therapy (FST)**

**Animal Flow®**

**Functional Nutrition**

**Fascial Mobility Training**

**Kettlebell Fundamentals - December 2nd, 2017**

**Nutrition Fundamentals**

**Olympic Weightlifting**

**Powerlifting Fundamentals**

**Professional Development**

**Low Back Fundamentals - November 7-8th, 2017**

**Striking Fundamentals**

Register online at [www.dtsfitnesseducation.com](http://www.dtsfitnesseducation.com)