

The Myrtle Routine - PBandJCoaching.com

Training hard and then sitting around as a desk all day is the perfect storm for a lack of mobility in the hip area. But don't worry, this suite of Dynamic Stretching, Strength and Range of Motion exercises are great way to overcome that.

A fantastic way of boosting strength and mobility throughout the hip and glutes, the Myrtle routine is ideally suited to being a regular fixture in your weekly schedules. It's relatively quick, easy to perform anywhere (I do mine whilst watching TV!) and is also a really good way of getting your hip areas fired up for a workout too, especially if you haven't been very mobile leading up to the training session.

The key is to focus on your range of motion, not the speed of the movement. Your muscle memory starts to kick in after a few runs through it and everything feels a little easier so stick with it.

All reps given are per leg. ie 8 x Clams equates to 8 one leg AND 8 the other leg. 16 Total. Increase reps by a couple as strength increases.

- 08 to 15 x Clams
- 08 to 15 x Lateral Leg Raise
- 08 to 15 x Donkey Kicks
- 08 to 12x Donkey Whips
- 08 to 15 x Fire Hydrant
- 08 to 12 x Knee Circle Forward
- 08 to 12 x Knee Circle Backward
- 08 to 12 x Hurdle Trail Leg Forwards
- 08 to 12 x Hurdle Trail Leg Backwards
- 08 to 12 x Lateral Leg Swings
- 08 to 12 x Linear Leg Swing
- 08 to 12 x Linear Leg Swing w/ Bent Knee