

HEELCURVE HOCKEY

LYING FIGURE-4 STRETCH

EXERCISE MECHANICS

WHAT IT IS

A mobility exercise that targets the hips and glutes, helping to improve flexibility, reduce tightness, and support better lower body movement.

1 START

Lie on your back with both knees bent and feet flat on the ground. Cross one ankle over the opposite knee, forming a figure-4.

2 PULL & HOLD

Clasp your hands behind the thigh of your bottom leg and gently pull it toward your chest. Keep your shoulders and head relaxed on the ground.

3 HOLD & BREATHE

Hold the stretch for the desired time, breathing deeply and allowing your hips and glutes to relax.

4 SWITCH & REPEAT

Release and return to the start position. Switch legs and repeat on the other side. Alternate for the desired reps or time.



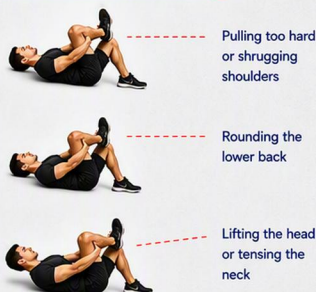
KEY POINTS

- Keep your lower back flat on the ground.
- Pull gently—stop before any pain.
- Focus on feeling the stretch in your hip and glute.
- Breathe deeply and stay relaxed.
- Use controlled movement, not force.

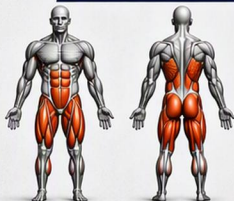
CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Glutes (especially Gluteus Maximus)
- Piriformis
- Hip Rotators
- Hamstrings
- Lower Back (supportive)
- Adductors

TRAINING TIPS

- Use as a warm-up, cool-down, or recovery tool for hip mobility.
- Hold each side for 30–60 seconds and repeat as needed.
- Combine with other mobility work for best results.
- Include in lower body or hockey-specific training.