

HEELCURVE HOCKEY PIGEON POSE

EXERCISE MECHANICS

WHAT IT IS

A deep hip mobility stretch that targets the glutes, hips, and lower back. It helps improve flexibility, reduce tightness, and enhance range of motion for better performance and recovery.

1 START

Start in a high plank position. Bring one knee forward and place it behind your wrist.



2 LOWER

Lower your back knee to the ground and slide your front shin across your body.



3 LEAN FORWARD

Walk your hands forward and lower your chest toward the ground. Keep your hips square.



4 HOLD & SWITCH

Hold for the desired time, breathing deeply. Push back up, switch sides, and repeat.



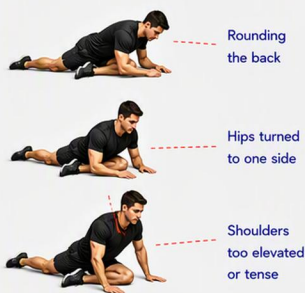
KEY POINTS

- Keep your hips level and facing forward.
- Feel a stretch in the glute and hip.
- Breathe deeply and relax into the stretch.
- Avoid rounding your lower back.
- Use your arms for balance and support.
- Focus on quality stretch, not intensity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Glutes
- Hip Flexors
- Hamstrings
- Lower Back
- Adductors
- Core

TRAINING TIPS

- Use as a warm-up or cool-down to improve hip mobility.
- Hold for 30–60 seconds per side.
- Breathe deeply and relax into the stretch.
- Include in your routine 3–5 times per week.