

HEELCURVE HOCKEY

HIP CIRCLES (FIRE HYDRANT MOTION)

EXERCISE MECHANICS

WHAT IT IS

A controlled hip mobility exercise that improves hip range of motion, stability, and activation by moving the leg in a circular path while in a quadruped position.

1 START

Start on all fours with your hands under your shoulders and knees under your hips. Keep your core tight and back flat.

2 LIFT & CIRCLE

Lift one knee out to the side (hip height), then draw a slow, controlled circle with your knee, leading with your hip. Keep your core engaged and avoid rocking.

3 COMPLETE CIRCLE

Continue the circle by bringing your knee back, down, across, and up to complete one full rotation in one direction. Move smoothly and with control.

4 REVERSE & REPEAT

Reverse the direction of your circle to the other side. Continue alternating for the desired reps or time.



KEY POINTS

- Keep your core tight and spine neutral.
- Move from your hip—not your lower back.
- Keep your knee at hip height throughout the motion.
- Control the movement the entire time.
- Focus on mobility and quality, not speed.
- Breathe and maintain good posture.

CORRECT FORM



COMMON MISTAKES



Arching or rotating your lower back

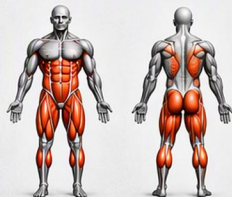


Lifting your knee above hip height



Rocking your body or shifting weight

MUSCLES WORKED



- Glutes (Medius & Maximus)
- Hip Flexors
- Adductors
- Deep Hip Rotators
- Core (Stabilizers)
- Lower Back (Stabilizers)

TRAINING TIPS



Use as a warm-up, mobility drill, or activation exercise before training.



Move slowly and with control to maximize mobility and muscle engagement.



Focus on a full range of motion without compensating through your back.



Include in lower body days or as part of your mobility routine.