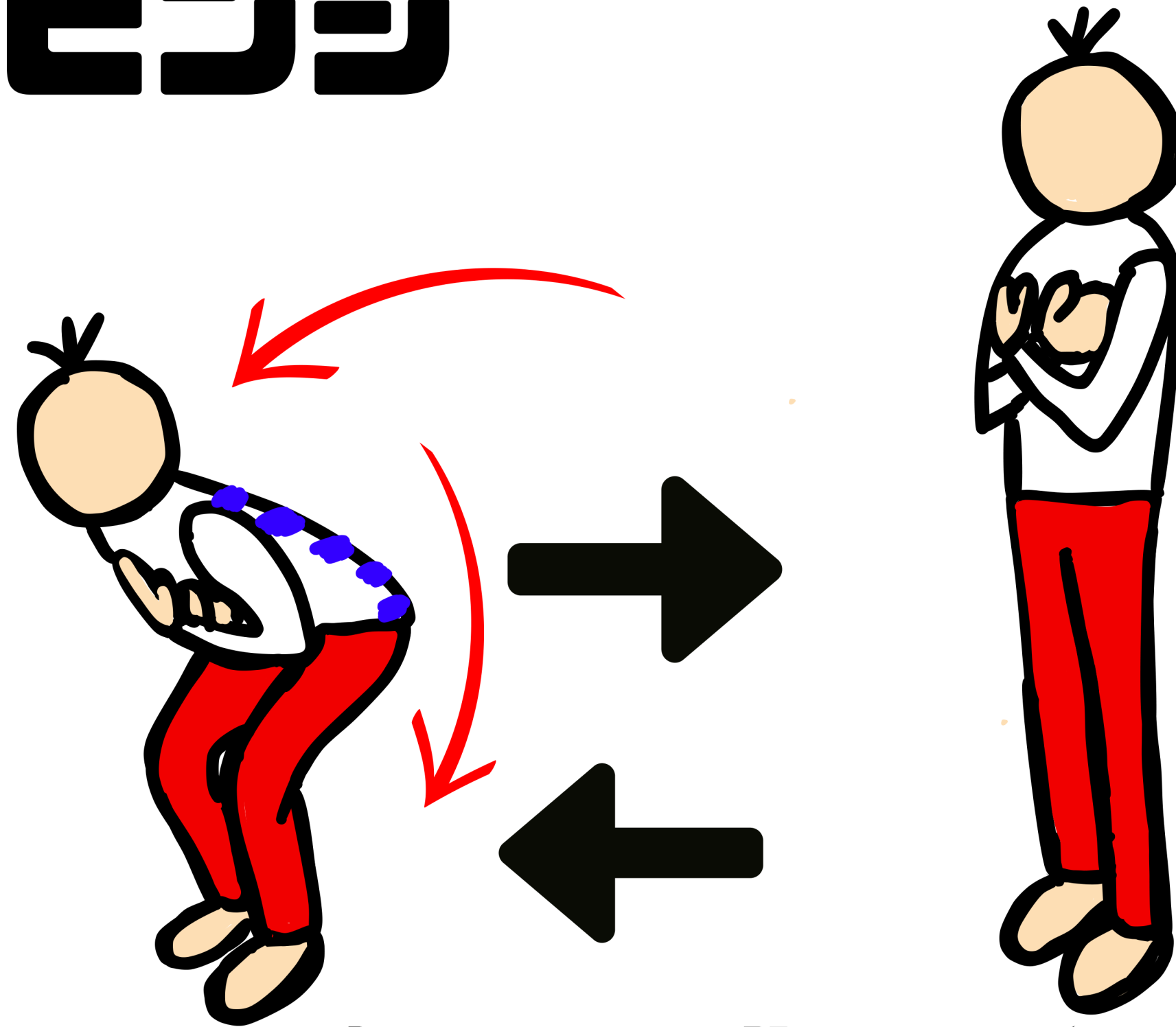
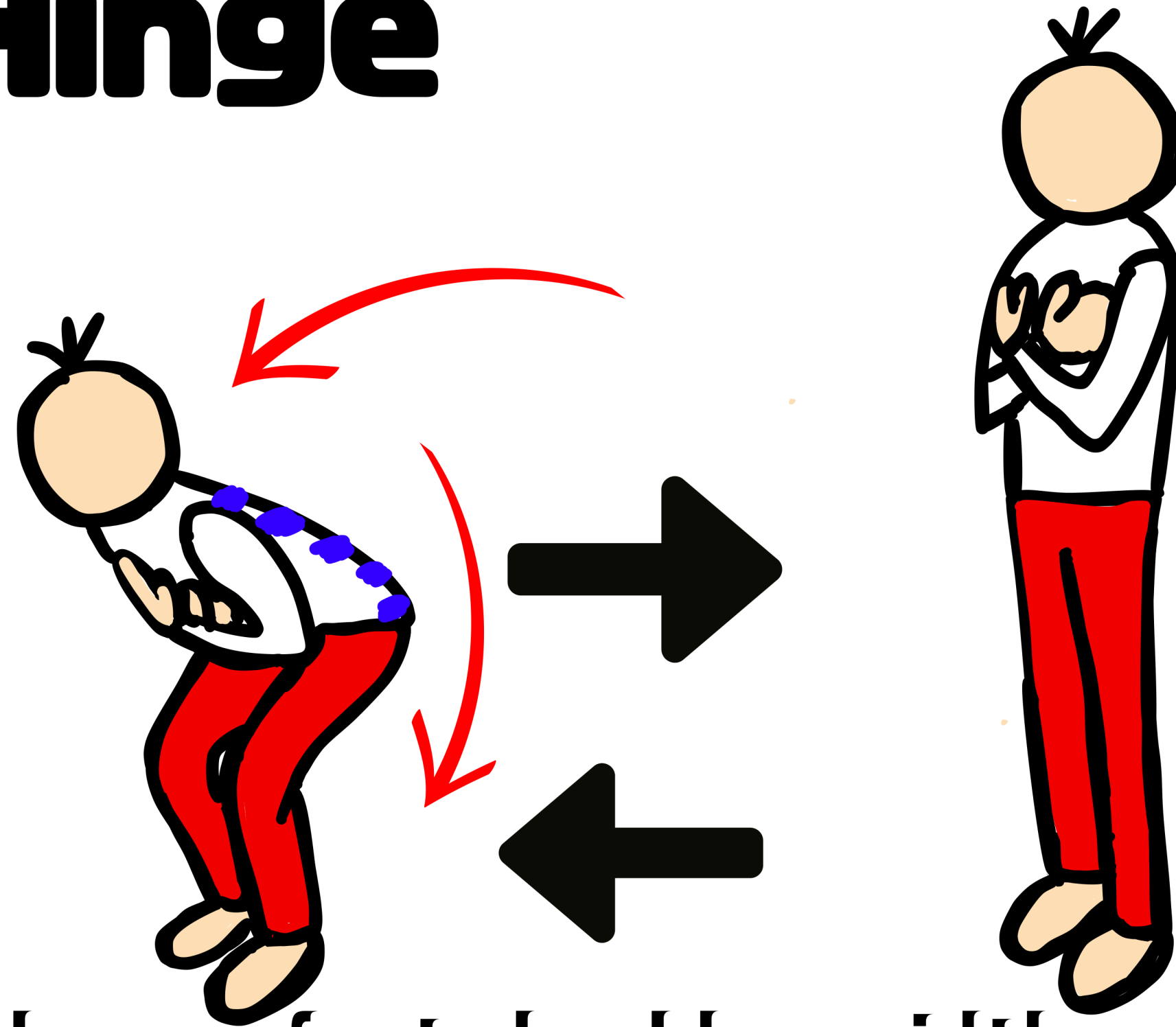


ヒップヒンジ



**脚は肩幅に開き、上体をゆっくり前に
背筋は伸ばしたまま、お尻と裏ももが伸びるのを感じて**

Hip Hinge



Stand with your feet shoulder-width apart. Slowly hinge forward from your hips, keeping your back straight. Feel the stretch in your glutes and hamstrings.