90-90 Hip Lift with Hip Shift

1. Lie on your back with your feet flat on a wall and your knees and hips bent at a 90-degree angle.
2. Place a 4-6 inch ball between your knees.
3. Inhale through your nose and exhale through your mouth, performing a pelvic tilt so that your tailbone is raised slightly off the mat. Keep your back flat on the mat.
4. As you maintain a hip lift, shift your left hip down and your right hip up so that your right knee is slightly above the left.
5. Slowly take your bent right leg on and off the wall so that your right thigh comes toward your chest. You should feel the muscles behind your left thigh and left inner thigh engage.
6. Perform 3 sets of 10 repetitions, 1-2 times a day.