

HINGES

Hinge movement is a slight bend at the knees with your back straight and a forward lean pushing your hips backward. Think of it as a more intense curtsy where you can feel the stretch of your hamstrings and quadriceps. All the power of this movement is in and around the hips

The hip hinge is the movement when the body bends downward and in half.

This is one of the most essential exercises for trainees to learn because improper form can lead to serious lower back injury.

Better Posture

Stronger lower back

Maximizing calories burnt