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ISHTA 200H TT Assignment
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Topic 7
Anatomy III: Hips and Pelvis

7.1 *What muscles are the major hip extensors? Name two asanas that stretch these muscles and two that strengthen them.*

Hip Extensor Muscles:

- ❖ Hamstrings
 - ~ Stretch: Uttanasana
 - ~ Strengthen: Chair, 3 legged dog
- ❖ Gluteus Maximus
 - ~ Stretch: Pigeon
 - ~ Strengthen: Half Bridge

7.2 *Which muscle is the prime mover in hip flexion?*

Hip flexion prime mover muscle:

- ❖ Psoas

7.3 *How do the hip adductors help when inversions and in arm balances?*

The hip adductors draw the inner thighs towards one another towards the midline of the body. This helps with centering and balance in inversions.