

# TRX Hip Extension

**Benefits:** Increases flexibility in lower back, shoulders and hamstrings.

**Set-Up:** Shorten the TRX to one half its full length. Face anchor point.



**Start Position**

Grasp both handles with feet hip-width apart and lean back.



**Movement Description**

Let hips fall back as trunk lengthens, until gentle stretch is felt in lower back and hamstrings.

Raise hips toward anchor point, straightening the spine.

**Tip:** Keep pelvis tilted under as you raise your body to utilize the glute muscles.