Exercise technique

Standing Pilates bar hip hinge

Pilates-kit variation / 8-12



START / hip hinge **FINISH / upright**

GRIP / Overhand / pronated grip

SETUP / Secure both foot loops under the shoe arches; connect two matched tubes to each bar end.

MOVE / Hinge the hips back with soft knees, keeping the bar close to the legs.

RETURN / Drive through the feet and extend the hips; keep the arms long.

MAIN / RED
Gluteals and hamstrings extend the hips as the torso returns upright.

SECONDARY / BLUE
Spinal extensors maintain the shape of the back; forearms steady the bar.

SUPPORT / GREEN
Abdominal muscles brace the trunk while both feet support the stance.

PILATES KIT / MATCHED LEFT AND RIGHT PAIRS