

Posechart Book

# Welcome to the Hip Opening Challenge

**YB** | PRACTICE IS  
EVERYTHING

# Day 01

## Pigeon



Hip Opening Challenge

Day 01

Butterfly



Hip Opening Challenge

**YB** | PRACTICE IS EVERYTHING

# Day 02

Blaster



Hip Opening Challenge

**YB** | PRACTICE IS EVERYTHING

# Day 02

## Passive Squat



## Hip Opening Challenge

# Day 03

Happy Baby



Hip Opening Challenge

**YB** | PRACTICE IS EVERYTHING

# Day 03

Thread the Needle (supine)



Hip Opening Challenge

Day 04

Frog



Hip Opening Challenge

**YB** | PRACTICE IS EVERYTHING

# Day 04

## Jackknife Blaster



Hip Opening Challenge

# Day 05

## Lightning Bolt



Hip Opening Challenge

# Day 05

## Scissors



Hip Opening Challenge



# Day 06

Zorro



Hip Opening Challenge

# Day 06

## Supine Butterfly



## Hip Opening Challenge

# Day 07

Thread the Needle @ Wall



Hip Opening Challenge

# Day 07

## Prone Butterfly



## Hip Opening Challenge

# Day 08

## Ninja Squats



Hip Opening Challenge

# Day 08

## Lateral Chain Stretch



## Hip Opening Challenge

## Day 09

### Psoas Blaster (chair)



Hip Opening Challenge

# Day 09

## Reclined Scissors



## Hip Opening Challenge

# Day 10

## Blaster Twist



Hip Opening Challenge

Day 10  
Squat Twist



Hip Opening Challenge

# Day 11

## Double Pigeon



Hip Opening Challenge

# Day 11

## Bound Butterfly



Hip Opening Challenge

Day 12  
Eagle Fold



Hip Opening Challenge

# Day 12

## Cross-Thread



## Hip Opening Challenge

# Day 13

## Swiss Army Knife



Hip Opening Challenge

**YB** | PRACTICE IS EVERYTHING

# Day 13

Saddle



Hip Opening Challenge

# Day 14

## Butterfly Squat



Hip Opening Challenge

# Day 14

## Half Lightning Bolt



Hip Opening Challenge

# Day 15

## Fallen Blaster



## Hip Opening Challenge

# Day 15

A-Baby



Hip Opening Challenge

# Day 16

## Standing Psoas



Hip Opening Challenge

# Day 16

## Standing Pigeon



Hip Opening Challenge

# Day 17

## Sage Fold



Hip Opening Challenge

# Day 17

## Long Butterfly



## Hip Opening Challenge

Day 18  
Eagle Legs



Hip Opening Challenge

# Day 18

## Chair Squat



## Hip Opening Challenge

# Day 19

## Twisted Pigeon



## Hip Opening Challenge

# Day 19

## Bound Baby



Hip Opening Challenge

# Day 20

## Seated Pigeon



## Hip Opening Challenge

# Day 20

## Railroad Squat



## Hip Opening Challenge

# Day 21

## Thunderbolt



Hip Opening Challenge

# Day 21

## Prayer Squat



## Hip Opening Challenge

# Connect Online:

[www.OpenYourHips.com](http://www.OpenYourHips.com)   [www.YogaBody.com](http://www.YogaBody.com)   [Instagram.com/lucasrockwood](https://www.instagram.com/lucasrockwood)