

## Exercise Prescription: Good Morning Touch the Wall

### Purpose of Exercise:

To emphasize the feeling of leading the hips with weight while Hip Hinging by raising the centre of gravity. Only complete this drill if you are having difficulty feeling the weight through the hips during the Touch the Wall Deadlift.

### Self-Check

Active Straight Leg Raise

### Starting Position:

Standing one of your foot lengths from the wall. Feet are shoulder width apart, toes may be pointed outward but must be symmetrical. Hold a kettlebell behind the neck at the top of the spine as shown.

### Exercise Description:

From the starting position, reach back and touch the wall with your glutes. Focus on keeping your knees from shifting forward over the feet. Make sure to maintain proper spinal alignment while completing this exercise.

At this point, pushing your feet into the ground, lifting with your glutes and return to the starting position.

Breathe in while reaching backwards towards the wall, exhale on the way up against a stiff core.

### Pictures:

