



ADVANCED TRAINING AND PERFORMANCE

Hip flexor stretch



Exercise Description

1. Put one knee down with the opposite foot in front
2. Lightly engage your glutes and push your hip forward
3. This should stretch the front of your hip
4. Sets and reps
 - 3-4 times/week
 - 3-4 sets
 - 30 seconds each side

The Why

This should work on hip mobility. There should be no stretch in your back. We need to keep good mobility through the legs and hips to help maintain adequate range of motion for athletic type movements such as running and jumping.

