

FOLLOW ALONG  
**HIP FLEXIBILITY V3**  
ROUTINE

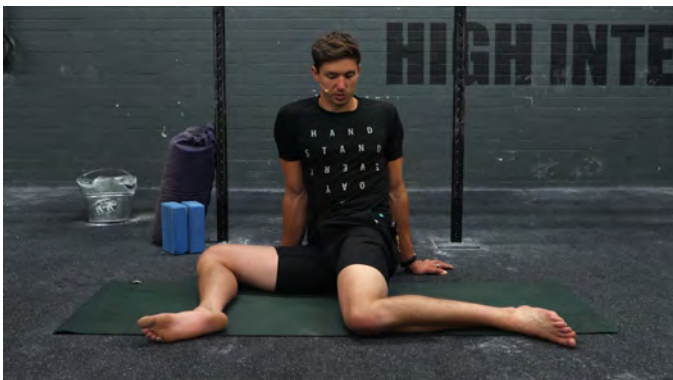
1. Hip Swivel - 10 reps per side



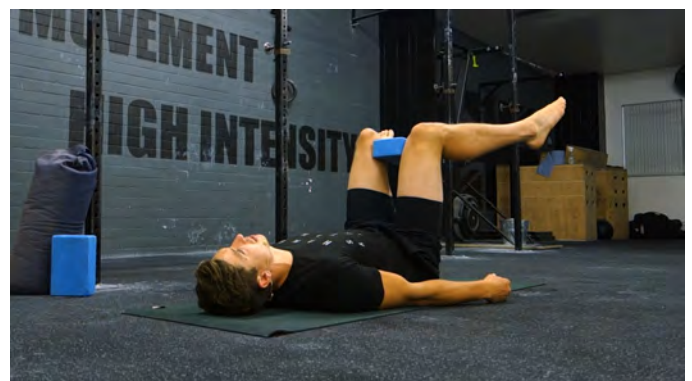
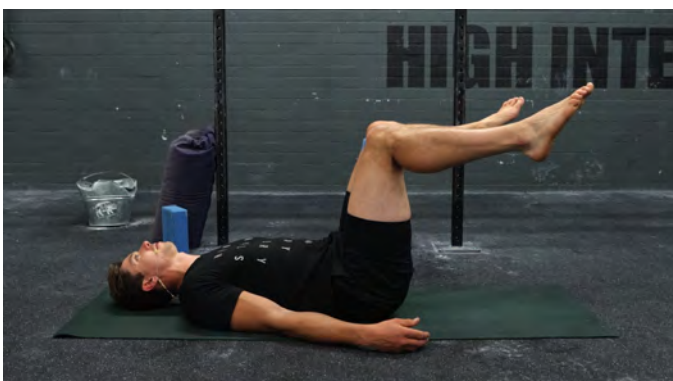
2. 90:90 PNF (Foot Push) - 3 reps (5 sec) + 10 sec per side



3. 90:90 Internal Rotation - 20 sec per side



4. Supine Active Internal Rotation - 30-40 sec



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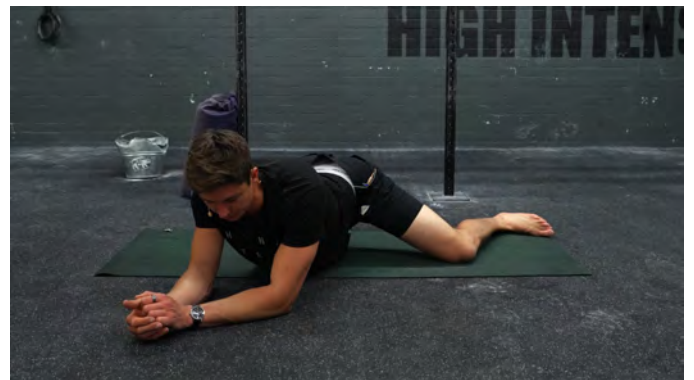
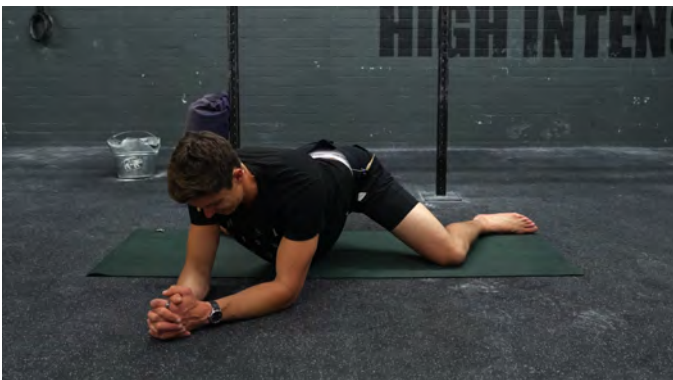
5. Supine Internal Rotation Stretch - 30-60 sec



6. Upward Dog - 20-30 sec



7. Frog Stretch PNF - 3 reps (10 sec) + 15 sec



8. Child Pose - 20-30 sec



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9. Kneeling Hip Extension - 3 reps (5 sec)



10. Supported Hero Post - 30-40 sec



11. Seated Clasp Leg Extension - 3 reps (5 sec) per side



12. Pike Slide Out - 2-3 reps (5 sec) + 15 sec



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13. Supine Diamond Pose - 30-60 sec



**ENJOYING THE STRETCHING ROUTINES?**

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to make free content.**

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