

FOLLOW ALONG
HIP MOBILITY V3
ROUTINE

1. Hip Swivels - 10 reps per side



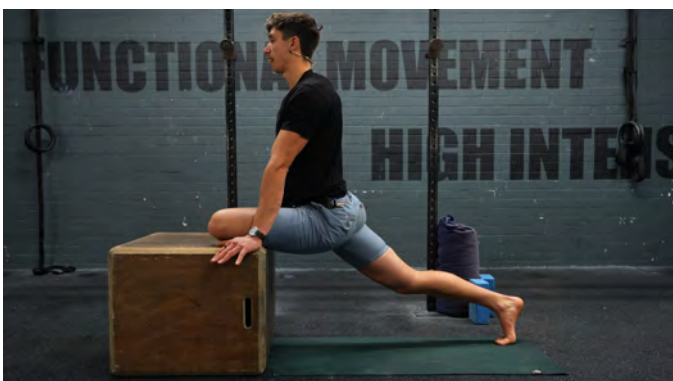
2. 90:90 Good Morning - 5 reps per side



3. Seated Piriformis PNF - 2 x 2 reps (5 sec) up, 1 rep down



4. Active High Pigeon - 2 x 30-45 sec per side



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5. Supine Hip Swivel - 20-30 sec



6. Supine Internal Rotation - 2 x 30 sec



7. Seated Good Morning - 2 x 6-8 reps + 10 sec



8. Hero Pose - 60+ sec



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