### FOLLOW ALONG

## HIP FLEXOR FLEXIBILITY

### ROUTINE

1. Testing - lunge or front split



2. Quad foam rolling - 60 to 90 secs per leg

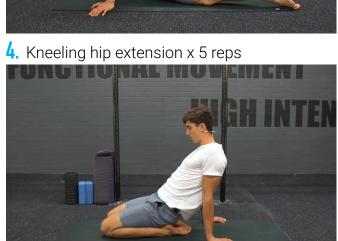




3. Upward dog x 30 secs







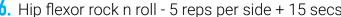




# HIP FLEXOR FLEXIBILITY

5. Lying quad stretch - 60 secs per side







7. Active hip extension - 3 reps per side (5 secs)



8. Long lunge - 45 to 60 secs per side











## FOLLOW ALONG

# HIP FLEXOR FLEXIBILITY

#### ROUTINE

9. Elephant walk - 5 reps per side





10. Retest - lunge or front split





11. Hero pose - 60 secs





Follow the full video routine on YouTube

**Check out the Trybe app for full flexibility routines**