

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



4. Kneeling hip extension x 5 reps



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5. Lying quad stretch - 60 secs per side



6. Hip flexor rock n roll - 5 reps per side + 15 secs



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



8. Long lunge - 45 to 60 secs per side



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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