

FOLLOW ALONG
HIP MOBILITY V2
ROUTINE

1. Hip swivels - 10 reps



2. Squat test



3. 90:90 good morning - 5 reps + 10 secs per side



4. 90:90 internal rotation - 30 secs



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5. Internal rotation lift - 30 secs per side



6. Piriformis good morning - 5 reps + 10 secs per side



7. Seated good morning - 5 reps + 10 secs



8. Kneeling extensions - 5 reps + 10 secs



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9. Squat retest



Follow the full video routine on YouTube

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