



FLEX flow

SCAN ME



Move WITHOUT Limits

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Hip Mobility V2

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DURATION: 17 min

DIFFICULTY: ●●○○○

1 Hip Swivels

10 reps



2 Squat

15s



3 90-90 Glute Hinge

5 reps per side



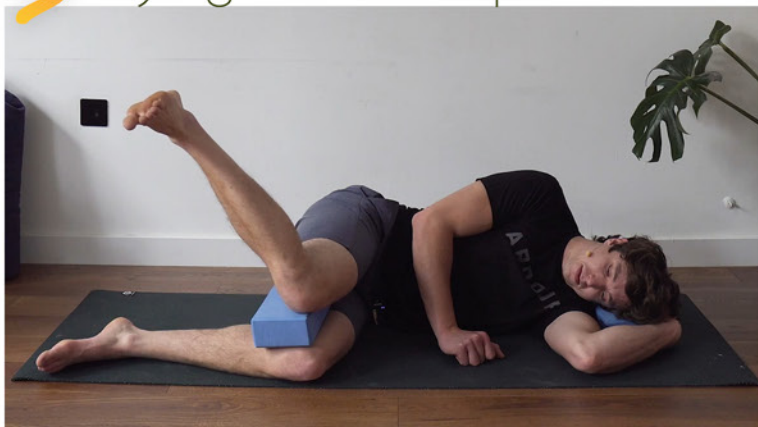
4 Seated Internal Hip Rotation

30s per side



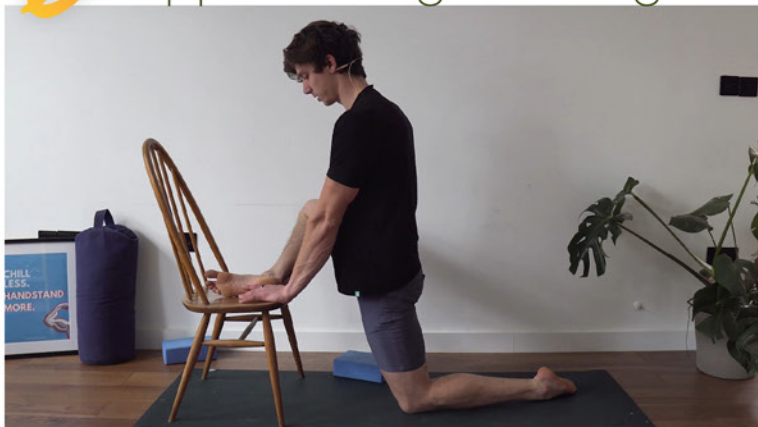
5 Lying Internal Hip Rotation Lift

30s per side



6 Supported Pigeon Hinges

5 reps per side



7 Seated Good Morning

10 reps



8 Kneeling Hip Extension

5 (3s) reps



9 Squat

30s

