



FLEX flow

SCAN ME



Move WITHOUT Limits

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Hip Flexor Flexibility

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DURATION: 20 min

DIFFICULTY: ●●○○○

1 Hip Flexor Foam Roller

60s per side



2 Upward Dog

20s



3 Kneeling Hip Extension

5 reps (3s)



4 Lying Quad Stretch

60s per side



5 Child's Pose

10s



6 Lunge Rocks

5 reps (3s) per side



7 Child's Pose

10s



8 Hip Flexor Leg Curl

3 reps (5s) per side



9 Child's Pose

10s



10 Long Lunge

45s per side



11 Standing Pike Rotations

5 reps per side



12 Supported Hero's Pose

60s



13 Child's Pose

10s



14 Test your splits!

10s

