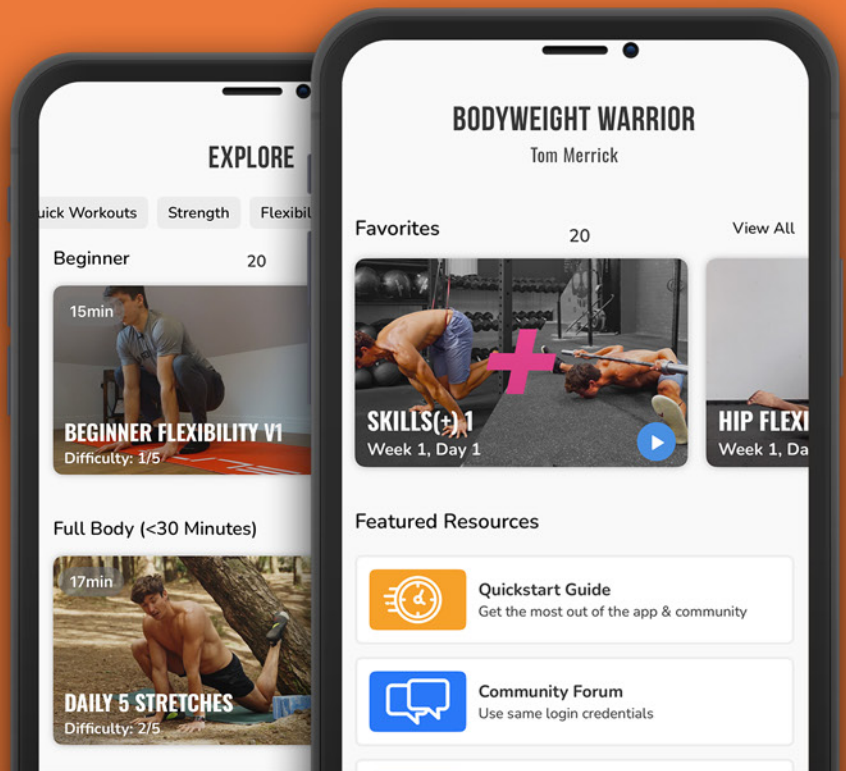


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## 🕒 Big Project Coming Jan 2026

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# Hip Flexor Flexibility

WATCH AD FREE

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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

