

Hip Stretching Routine

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Hip Flexor Stretch

Kneel down into a lunge with your **RIGHT** knee on the ground. Tighten your stomach to tilt your pelvis backward slightly. Squeeze the glute of the **RIGHT** leg and raise the **RIGHT** arm overhead.

Complete with **LEFT** knee on the ground also.

Repeat 4 Times
Hold 20 Seconds
Perform 1 Time(s) a Day

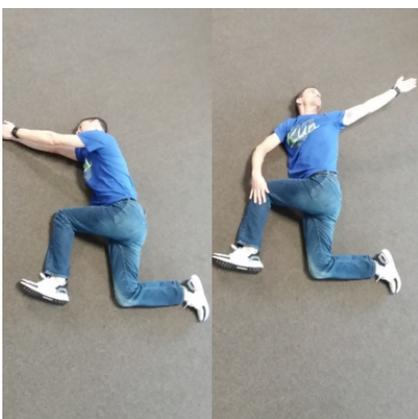


Duck/Pigeon Walks

Start standing up. Rotate your toes so they pointed away from each other(duck footed). Keeping your head forward, bend at the hips and lower until you feel a stretch in your hamstrings.

Return to standing position and rotate your toes so they are pointing in toward each other (pigeon toes). Keeping your head forward, bend at the hips and lower until you feel a stretch in your hamstrings.

Repeat 4 Times
Hold 10 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



Trunk Rotation Stretch

(picture shown for improving **LEFT** trunk rotation)

Lie on your right side while keeping right thigh in line with your trunk. Rotate trunk to the left and use right hand to keep left knee on the floor. Hold stretch.

Lie on left side and reverse legs to stretch right rotation.

Repeat 5 Times
Hold 20 Seconds
Perform 1 Time(s) a Day



Hurdling Pigeon Stretch

Start in modified pigeon pose. Keep your back straight and lean forward to feel a comfortable stretch in your forward hip. Hold for 5 sec and then return to upright position.

Complete on each side.

Repeat 10 Times
Hold 5 Seconds
Perform 1 Time(s) a Day



Scorpions

Lie on your stomach with your toes on the ground. Bend one knee then lift thigh off ground. Cross leg to other side of body and touch foot to the ground (if possible). Bring leg back up making sure to keep knee bent and hip extended. Bring thigh back to ground and foot back to the ground.

Repeat to other side.

Repeat 15 Times
Complete 1 Set
Perform 1 Time(s) a Day



Iron Cross

Lie on your back with your arms and legs extended. Keeping both legs straight, raise one leg off the ground until a stretch is felt in your hamstrings. Rotate your trunk and extend you raised leg over your opposite leg. Lower your leg and hold it about one to two inches off the ground. Then rotate the extended leg back toward the body and lower your it back to the ground.

Repeat 15 Times
Complete 1 Set
Perform 1 Time(s) a Day