

Hip Flexor and Glute

1. Rec fem Stretch



- Start in a half-kneeling position with the leg to be stretched behind you on a bench
- Lean forward from the hips taking care not to let your lower back arch.
- contract your glutes until you feel a gentle stretch in the front of your thigh.
- Hold this position for the prescribed time.
- Kneel on a soft surface and not do this stretch if there is pain

2. Hip Flexor Stretch



- Kneel down on one knee with one leg forward creating a 90 degrees angle with the opposite hip.
- Hold a solid object for your balance if needed and move your supporting leg inward.
- Tilt your pelvis backwards to flatten your lower back and transfer your weight forward to increase the split.
- Raise your arm overhead and bend your trunk sideways to increase the stretch.
- Maintain the position and relax.

3. Foam Rolling Quads



- Place the foam roller on the floor and lie on your stomach with the front of your thighs over the foam roller.
- Roll the entire front of the thighs from the top of the hips to the top of the knee caps in an up and down motion.
- You should pull yourself with your elbows and forearms.
- Pause at any spots that feel especially tender.
- Keep your quadriceps relaxed.
- Maintain abs tight and proper low back posture during the exercise.



4. Glute Pidgeon Stretch

- With one leg stretched out behind you, shin on the ground and opposite leg bent in front of the chest, reach chest forward and hold for 30 seconds.