

HIP FLEXOR STRETCH - FOOT ON CHAIR

Hold 45 Seconds



While standing, place your foot on a chair as shown. Next, bend your front knee to stretch the front of the thigh on the leg that is on the ground.

Reminder: keep you back nee straight, shoulders back and tuck your bottom.

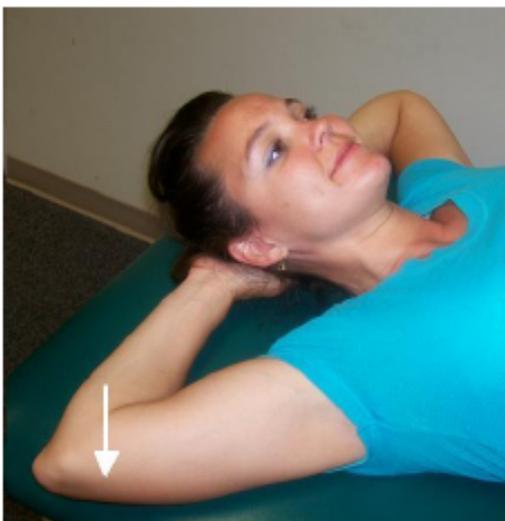
Video # XVQ56M6PM



Figure 4 Stretch

Hold 45 Seconds

Sit tall in chair
Bring ankle to opposite knee to reach figure 4 position to feel gentle stretch through hip.
Push downward through your bent knee.
Sit up tall, hinge forward from hips while keeping your back straight to further increase stretch
Repeat on opposite side.



ELBOW PRESS

Hold 45 Seconds

Lie on back or sitting in chair with hands behind head.
Push elbows back into surface/behind you.
Avoid pushing your head forward.

PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Maintain pelvic neutral position the entire time.



You can also perform this on your hands for different muscle group activation.

Hold as long as you can BEFORE you begin compensating/shaking/losing form.

Video # XVXRMFQLB

Bridge

Hold 3 Seconds

Lay on your back with your knees bent up. Lift the hips into the bridge, hold, and finally lower back down slowly.



Hip Abduction in Sidelying

While lying on your side, slowly raise up your top leg towards the sky. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body, or slightly behind.



The bottom leg can be bent to stabilize your body.

Video # XVBDWKSHN