

Hip Flexor Stretches



Begin lying on your back and bring one knee to your chest, leaving the other leg straight. Keep your abs tight and your low back flat on the table. You should feel a gentle pull in the front of the hip on the straight leg. If you do not feel a stretch, make sure your back is flat. Perform 2 repetitions for 30 second holds on each leg. If you reset and still do not feel a stretch then try the variation below!



Begin lying on your back near the edge of the table. Bring one knee to your chest, letting the other leg dangle off the edge of the table. Keep your abs tight and your low back flat on the table. You should feel a gentle pull in the front of the hip on the straight leg. If you do not feel a stretch, make sure your back is flat. Perform 2 repetitions for 30 second holds on each leg.



Begin in a half-kneeling position, the front foot directly below the knee and the rear knee below your hip. Keep your abs tight making sure your low back is in a neutral position! Maintain an upright torso and shift your weight forward, feeling the stretch in the front of the rear hip. Perform twice on each leg for 30 second holds.