

Hip Flexors

MAP REF

1

MAP REF

6

Flexibility

HOW TO

- Stand facing the stretch station and place your hands on the top of the bar
- Keep your upper body straight with your shoulders back and relaxed
- Engage your core and step back with your right leg
- Lower your hips until both knees are at a 90 degree angle
- Ensure your front knee is directly above your ankle and your back knee doesn't touch the floor
- Pushing your hips forward you should feel a stretch in your right hip flexor
- Hold the stretch for 15 to 20 seconds
- Repeat 3 times and alternate sides
- If you experience any pain, reduce the stretch until you find the right point for you

