



HIP MOBILITY



SPIDERMAN STRETCH



- 1. Start in the top of a push-up position**
- 2. Bring right foot outside right hand with sole of foot flat on the floor**
- 3. Hold for 30 seconds**
- 4. Repeat on left side**



1/2 KNEELING HIP FLEXOR STRETCH



- 1. Start in a 1/2 kneeling position with one knee on ground and the other in front with the knee at 90 degrees and the back foot tucked onto its toes**
- 2. Squeeze your bum of the back leg and try to pull front and back foot towards each other**
- 3. Raise the arm on the same side as the back leg without arching lower back**
- 4. Hold for 30 seconds**



PIGEON STRETCH



- 1. Start in a push up position, bringing one knee forward towards your wrist on the same side, while bringing your foot to the opposite wrist**
- 2. Let your hips fall towards the ground while keeping your chest upright**
- 3. Hold this stretch for 15-20 seconds**
- 4. Repeat on the opposite side**



HAMSTRING STRETCH



- 1. Start in a ½ kneeling position with a slight knee bend on front leg**
- 2. Hinge forward to apply stretch to the front hamstring**
- 3. Hold for 15-20 seconds**
- 4. Repeat on the other side**



GROIN STRETCH



1. **Start in a half kneeling position with one leg extended out to the side**
2. **Attempt to sit back into the hip of the kneeling leg to apply stretch**
3. **Hold for 15-20 seconds**
4. **Repeat on the other side**