

Hip Flexor/Quadriceps Flexibility Circuit

ALL STRETCHES SHOULD BE DONE 3 TIMES FOR A 30 SECOND HOLD

YOUR GOAL IS TO FEEL A STRETCH OR PULL, STRETCHES SHOULD NEVER HURT

QUALITY OF STRETCH IS MORE IMPORTANT THAN QUANTITY OF STRETCH

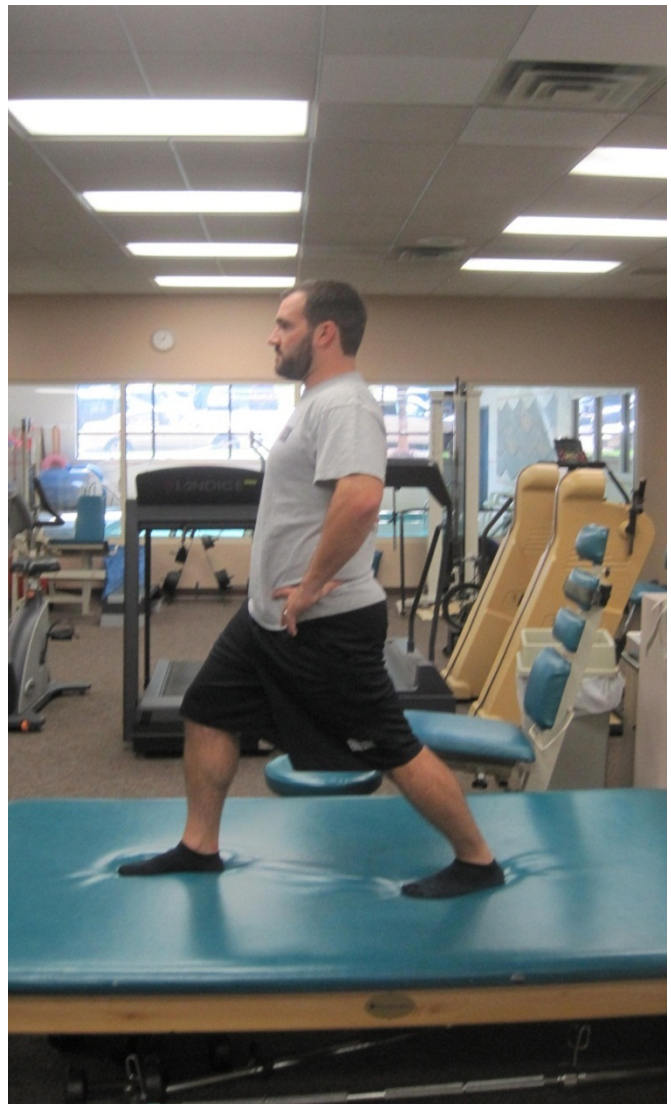
BE SURE TO STRETCH BOTH LEGS

HIP FLEXOR:

- Stagger Stance
 - Lunge forward
 - Shoulders BACK
- Correct**

- Lean hips forward, should feel stretch in back leg

Incorrect



HIP FLEXOR (VARIATION)

- Forward lunge
- Hold ankle, bend knee



QUAD STRETCH

- Standing
- Bend knee
- Grab and hold ankle

Correct



Incorrect

