

Movement Prep Part 2

Mobilty Drills (active stretches)

Hip Flexor





Description:

- Set up half kneeling on pad or mat, pull back hip

forward by engaging glute.

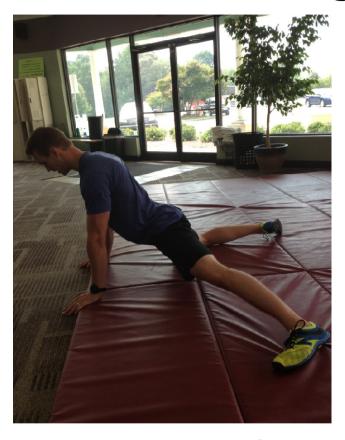
- Pulse back and forth

Coaching cues:

- Pulse hip forward, squeezing back glute

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Inner Thigh/ Hip Flexor





Description:

- Set-up with one knee down, other leg extended out to side of body.
- Hands down, sit back on heel of leg that is down, maintaining neutral spine (no rounding of back.)
- Walk hands forward pulling hips forward by squeezing glutes (not sinking into lumbar-extension-low back arches)
- Repeat for number of repetitions

Coaching cues:

- Sit back onto heel, turn toes up for increased stretch.
- Squeeze glutes and brace abdominals as you pull hips forward, not lower back!

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