



Movement Prep Part 2

Mobility 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

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!