HIP MOBILITY ROUTINE

Repeat sequence for each leg.

90/90 KINETIC STRETCH

Try to maintain a 90 degree angle with your front foot while stretching out your back leg. Hold for one minute.

Place both legs in a 90 degree position. Lean forward while maintaining a straight back. Return to starting position. Repeat 10x.

INTERNAL ROTATION

Place your back leg into a 90 degree angle and your front foot against your opposite thigh. Alternate rotating your torso towards your legs and out. Repeat 10x.

90/90 HIP OPENER

With both legs at a 90 degree angle pivot your back leg up and out. Repeat 10x.