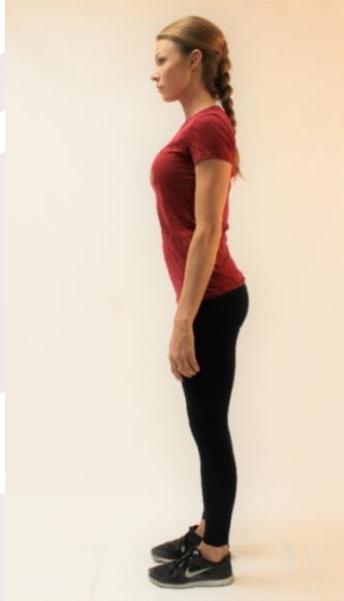


# Hip Mobility Sequence



Start and finish in a neutral position. Stand tall with feet shoulder-width apart, arms relaxed at side and a straight back.



**Iliopsoas/ Rectus Femoris Stretch.** Take a small lunge step forward, keeping back foot and heel flat on the ground, and back leg straight. Tuck pelvis under, reach arms up and overhead maintaining a straight back leg, flat foot and tucked pelvis. Step back to a neutral position, repeat 10 times on each leg.

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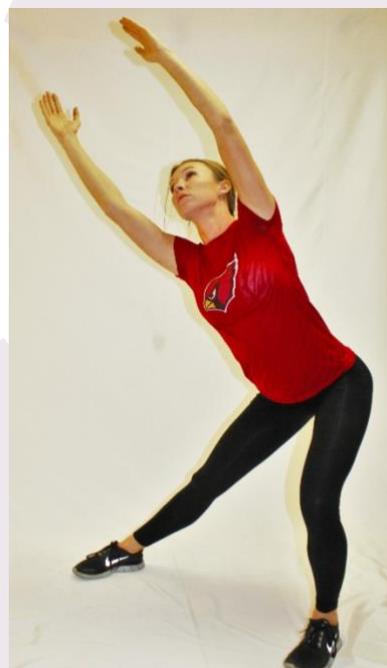
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# Hip Mobility Sequence



**Gluteal/ Hamstring Stretch.** Take a small step backward. Bend back leg, and keep front leg straight with both feet flat on the ground. Bend forward reach hands back, palms up. Step forward to a neutral position, repeat 10 times on each leg. For a deeper stretch bend further and reach hands up and back.



**Adductor Stretch.** Step left leg out bending left knee. Reach hands up and over to the right in line with shoulders. Keep right leg straight, feet flat on the ground, toes pointed forward. Step back to a neutral position, repeat 10 times on each leg.

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# Hip Mobility Sequence



**Abductor/ Tensor Fasciae Latae Stretch.** Step right leg in front of left leg, toes pointed forward, left leg straight. Reach arms up and over to the right in line with shoulders while leaning into left hip. Step back to a neutral position, repeat 10 times on each leg.



**Medial Groin Stretch.** Keep right toes pointed forward and right leg straight. Step left leg around to the left side, bending slightly at the left knee while gently twisting upper body. Reach hands behind to the left. Keep feet flat on ground. Step back to a neutral position, repeat 10 times on each leg.

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# Hip Mobility Sequence



**Glute Medius/ Piriformis Stretch.** Keep right toes pointed forward, right leg straight. Step left leg around front, bending slightly at the left knee, gently twisting upper body reaching hands behind to the right. Keep feet flat on ground. Step back to a neutral position, repeat 10 times on each leg.

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