

1 Set / 3 Reps / 30 s hold



1. PRO Fit DS - Hip Flexor

Preparation:

- Stand with good posture, use support if needed
- Step forward into a long lunge position and rotate hip backwards.

Execution:

- Drive front knee forward, until stretch is felt in the front of hip (of back leg)

Variation:

- Raise same arm as the leg back

There are several options to stretch this muscle. You should feel this in the front of your leg and pelvis, but not in your back. If you are feeling it in your back, try tightening your stomach or squeezing your glute on that side.

1 Set / 3 Reps / 30 s hold



2. PRO Fit DS - Glute/Piriformis

Preparation:

- Sit with good posture
- Bring one ankle up to rest on opposite knee

Execution:

- Glute: Use arms to pull the knee towards the opposite shoulder
- Piriformis: Apply gentle pressure downward to the crossed knee, lean forward with chest up, look straight ahead

3 Sets / 10 Reps



3. PRO Fit ES - Glute Bridge

Preparation:

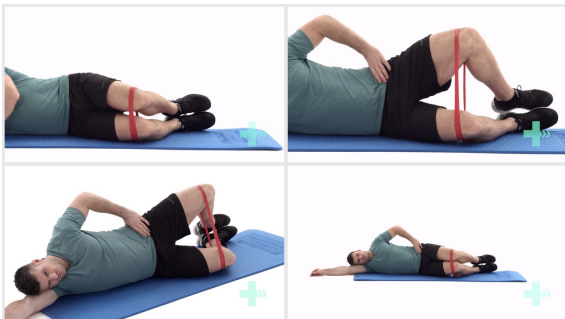
- Lie on back with knees bent, weight on heels with toes up

Execution:

- Lift hips up to bridge, tightening glutes and core
- Lower hips back to starting position

The goal is to feel this in your glutes and not your lower back.

1 Set / 1 Rep



4. "Clamshell" Hip external rotation strengthening, with band; 01

Lie on your side and place a band above your knees, approximately an inch or two above the knee joint.

Bend your legs a little, keeping the feet in line with your back.

Use your core stability muscles to keep the body stable.

Keeping your feet together, lift the top knee up against the resistance of the band. Ensure you stay on your side and do not roll your hips and your body back with the movement.

Lower the knee back down, controlling the resistance.