

FOLLOW ALONG
HIP MOBILITY
ROUTINE

MOVEMENT	REPS
1. Seated Hip Swivels	10 reps per side
2. 90:90 Glute PNF (Right Side)	3 reps (5 sec)
3. 90:90 Internal Rotation Stretch (Left Side)	20 secs
4. 90:90 Internal Rotation Lifts (Left Side)	3 reps (5 sec)
5. 90:90 Hip Swivel (Left Side)	10 reps
6. 90:90 Glute PNF (Left Side)	3 reps (5 sec)
7. 90:90 Internal Rotation Stretch (Right Side)	20 sec
8. 90:90 Internal Rotation Lifts (Right Side)	3 reps (5 sec)
9. 90:90 Hip Swivel (Right Side)	10 reps
10. Tailor Pose	20 secs
Rest 30 sec	
11. Cossack Squat Shifts	5 reps per side
12. Low Hip Flexor Lunge (Right Side)	20s
13. Low Hip Flexor Twists (Right Side)	5 reps
14. Low Hip Flexor Lunge (Left Side)	20s
15. Low Hip Flexor Twists (Left Side)	5 reps
16. Standing Pancake Fold	30 secs
17. Resting Squat	20 secs