



SFT HIP FLEXOR STRENGTH

MARCHING WITH BAND AT FEET

8x each side, alternating sides

LONG SIT LIFT OFF

Sitting against the wall, lifting leg up and over yoga block

5-8x each side

BEAR CRAWL

3-5 sets of crawling forward 3-5x and backward 3-5x

SCISSORS WITH STABILITY BALL

5x on each side (increase reps as long as you can maintain neutral pelvis and control of ball)

ECCENTRIC HIP FLEXOR SLIDER

5x on each side