



## **ECCENTRIC LOADING FOR HIP FLEXORS, ADDUCTORS & HAMSTRINGS**

### **ACTIVE SPLIT WITH HIP HINGE - SIDE**

2-3 sets of 5 reps on each leg

Option to progress split a couple inches further with each set.

### **FRONTAL PLANE LUNGE TO TILT**

5-10 reps on each leg

Lunge out to the side with toes pointing downstage, return to single leg balance, tilt pelvis away from lunge direction (so that standing leg adductors lengthen), then return to single leg balance. Practice sequence with arms overhead.

### **ACTIVE SPLIT WITH HIP HINGE - FRONT**

2-3 sets of 5 reps on each leg

Option to progress split a couple inches further with each set.

### **SAGITTAL PLANE LUNGE TO TILT**

5-10 reps on each leg

Lunge forward with toes pointing downstage, return to single leg balance, tilt pelvis back (so that standing leg hip flexors lengthen), then return to single leg balance. Practice sequence with arms overhead.