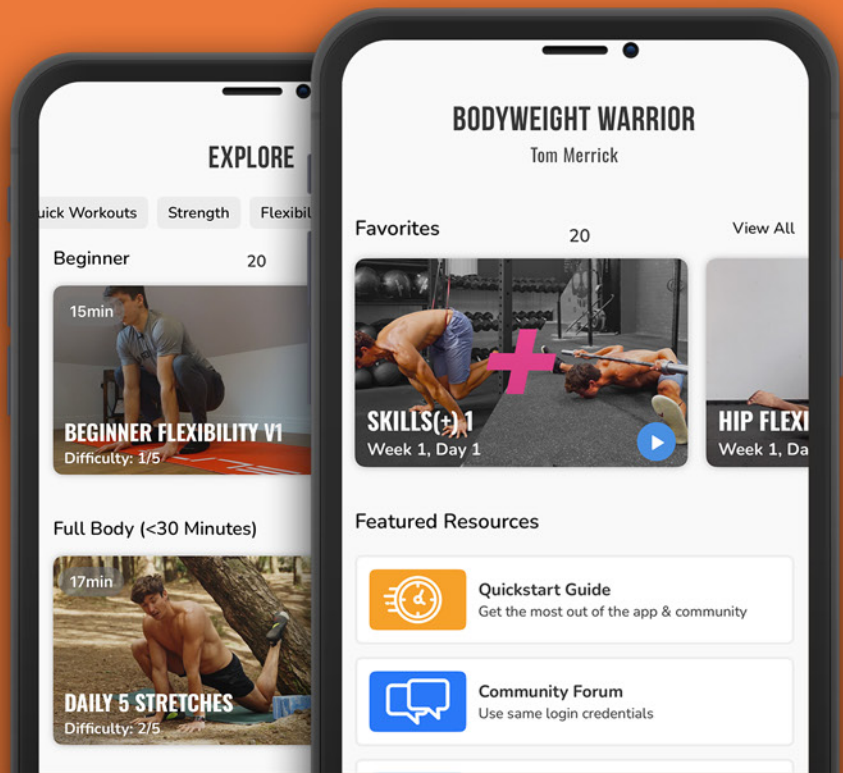


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Hip Mobility V4

WATCH AD FREE

WATCH ON 

DURATION: 22 min

DIFFICULTY: ●●●○○

1 Hip Swivels

10 reps



2 90-90 Glute Stretch Hinge

5 reps per side



3 Seated Figure 4 Stretch with PNF

3 reps (5s) per side



4 Elevated Pigeon

45s per side



PERFORM ANOTHER ROUND OF STRETCHES 3-4

5 Lying Hip Swivels

15 reps



6 Supine Active Internal Rotation

30s



7 Seated Good Morning

8 reps



8 Upward Dog

30s



PERFORM ANOTHER ROUND OF STRETCHES 6-7

9 Hero's Pose

60s

