

Kneeling hip flexor stretch

1. Kneel on the ground as if you were proposing with your left knee on the ground and your right knee pointing forward
2. Place your hands on your hips and “push” your hips forward, shifting more weight onto your right foot; make sure you keep your torso upright and straight throughout this movement
3. Stop when you feel a stretch along the front of your left hip
4. Hold the stretch for 30 seconds before switching sides

