

Hip Flexor Lunge Stretch

For these stretches the back leg is the one being stretched. The stretch should be felt in your groin and/or the front of the upper thigh.

It is important to make sure your back is being kept straight. Leaning forward slightly or tilting your pelvis backward will increase the stretch.

Hold for 10-15 seconds.

Do each side twice.

If you have knee problems or find it difficult to put your weight on one knee use the standing version.

The standing version can also be done with your foot on a step.



Standing version

