

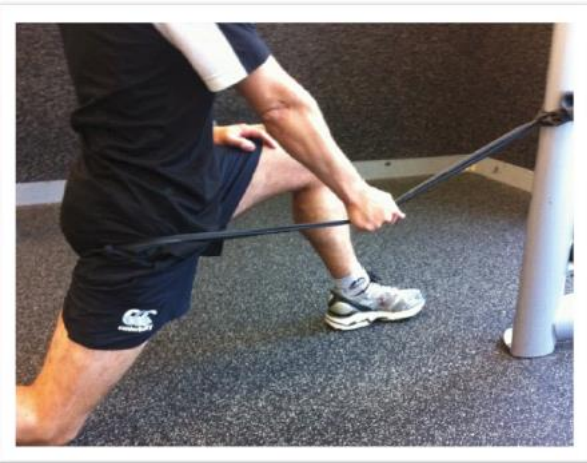
## Quad and Hip Flexor Stretches

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### Hip flexor stretch



- Place a band or old inner tube around your hip and fix to a post.
- Adopt a kneeling hip flexor stretch position but with the band pulling firmly into the front of your hip.
- Squeeze your glutes for 10 seconds to apply a stretch to the hip flexors.
- Repeat 3-4 times then hold the final stretch for 20 seconds.
- Perform the same but this time with the band pulling underneath your glute into the back of your hip.



### Quads Stretch



- Tuck bottom under
- Keep knees together
- Chest and head up
- 30 seconds hold on each leg
- Repeat 3-4 times

### Combined Quad and Hip Flexor



- Tuck bottom under
- Chest and head up
- 30 seconds hold on each leg
- Repeat 3-4 times