

Start to Finish 5K Stretches & Exercises

HIP FLEXOR PROGRESSION

1. STRAIGHT LEG RAISE (SLR)



DESCRIPTION:
 WHILE LYING OR SITTING, RAISE UP YOUR LEG WITH A STRAIGHT KNEE. KEEP BOTH KNEES STRAIGHT THE ENTIRE TIME.

REFER TO YOUR SCHEDULE FOR SET AND REPS



2. MODIFIED FRONT PLANK (PLANK KNEES)



DESCRIPTION:
 START LAYING FACE DOWN WITH YOUR ELBOWS DIRECTLY BELOW YOUR SHOULDERS. KEEPING BACK STRAIGHT AND YOUR CORE TIGHT, LIFT YOUR PELVIS UP SUPPORTING YOURSELF ON ARMS AND KNEES. KEEP YOUR SHOULDERS, HIPS, AND KNEES ALL IN A LINE.

REFER TO YOUR SCHEDULE FOR SET AND REPS



3. PLANK



DESCRIPTION:
 WHILE LYING FACE DOWN, LIFT YOUR BODY UP ON YOUR ELBOWS AND TOES. TRY AND MAINTAIN A STRAIGHT SPINE. DO NOT ALLOW YOUR HIPS OR PELVIS ON EITHER SIDE TO DROP.

REFER TO YOUR SCHEDULE FOR SET AND REPS



4. PLANK WITH HIP EXTENSION (PLANK W/HE)



DESCRIPTION:
 LYING FACE DOWN ON ELBOWS, DRAW ABDOMINALS IN AND RAISE UP ONTO FOREARMS AND TOES. DO NOT ALLOW HIPS TO DROP OR SPINE TO ARCH. EXTEND HIP AND LIFT STRAIGHT LEG AS PICTURED AND THEN REPEAT ON OPPOSITE SIDE.

REFER TO YOUR SCHEDULE FOR SET AND REPS

