

Hip Flexor Strain Correctives

Drills

Level 1

Exercise	Sets	Reps
Lunge Hip Flexor Stretch	1	2 min
Glute Lift Iso	3	30 sec

Level 2

Exercise	Sets	Reps
Band Hip Flexor Pull	3	10
Hurdler	3	10
Glute Activated Hip Flexor Stretch	1	2 min

Level 3

Exercise	Sets	Reps
Bench Prone Hip Flexor	10	3
Psoas Smash	1	2 min
Banded Hip Flexor Stretch	1	2 min