

Groin Mobility

Drills

Level 1

| Exercise | Reps | Notes |
|-------------------|-------|---------|
| Wide Child's Pose | 2 min | toes in |
| Pigeon Stretch | 2 min | each |

Level 2

| Exercise | Reps | Notes |
|--------------------------|-------|----------|
| Frog Pose | 2 min | toes out |
| Kneeling Cossack Stretch | 3 min | each |

Level 3

| Exercise | Reps | Notes |
|---------------------|-------|------------|
| Banded Child's Pose | 2 min | med band |
| Banded Wall Splits | 2 min | light band |
| Banded Frog Pose | 2 min | med band |