

# Posterior Hip Mobility

## Drills

### Level 1

Exercise	Reps	Notes
Half Splits	2 min	each
Pigeon Stretch	2 min	each

### Level 2

Exercise	Reps	Notes
Banded Hamtring Stretch	2 min	med band
Deep Lunge Hip Opener	3 min	each

### Level 3

Exercise	Reps	Notes
FFE Lunge Hip Opener	3 min	each
Banded Pigeon Stretch	3 min	each