



Supine Hip Flexor Stretch

Purpose:

Reduces forward-tipped pelvis, reduces excessive lumbar lordosis and/or pelvic torsion.

Benefit:

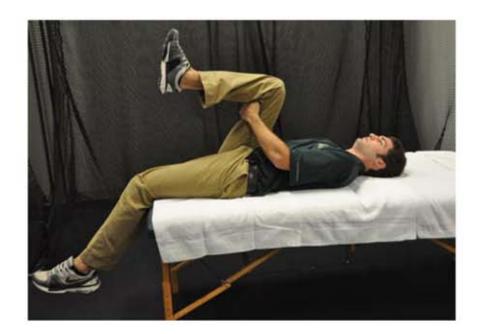
Enables improved neutral pelvic position throughout swing.

Instructions:

Lay on back with one leg hanging over table while raising opposite leg slightly past 90°, hold behind the knee with both hands. Allow the straight leg to stretch out over the table. Stretch should be felt through front of leg and hip.

Quantity:

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Hold	minutes	side(s)	reps.



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