

UNLOCKING THE HIPS FOR LONGER DRIVES AND LOWER SCORES

| <i>POSITION</i> | <i>REPS</i> | <i>TEMPO</i> |
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| 01 4 POINT CARS | 5 PER DIRECTION/SIDE | SLOW |
| 02 FIGURE 4 STRETCH | 1-2 PER SIDE | 20 SEC HOLD |
| 03 PIGEON STRETCH | 1-2 PER SIDE | 20 SEC HOLD |
| 04 HIP AND ANKLE ROCKING | 10 PER SIDE | SLOW |
| 05 KNEELING HIP LATERAL DISTRACTIONS WITH BAND | 10 PER SIDE | SLOW |
| 06 HALF KNEELING HIP DISTRACTIONS | 10 PER SIDE | SLOW |
| 07 KNEELING ADDUCTOR ROCKING | 10 PER SIDE | SLOW |
| 08 HIP CIRCLE LUNGES | 5-10 PER SIDE | MODERATE |