Title: Kneeling Hip Flexor Stretch

Primary Muscle Groups: Glutes &amp; Hip Flexors

Secondary Muscle Groups:

Summary: <ul>

<li>Step forward with the left leg as your right knee comes all the way to the ground.</li>

<li>Flatten your right foot out so the toes are pointing behind you.</li>

<li>Placing your hands on your sides, gently push your hips slightly forward.</li>

<li>You will feel the stretch in your right hip flexor.</li>

<li>Switch sides and repeat.</li>

</ul>