

Flexible hip flexors are going to help you get a nice pert bottom! Not only that, having flexible, strong hip flexors will help you get better results from many abdominal exercises. Tightness in this area, often goes hand-in-hand with anterior pelvic tilt, i.e. where your bum sticks out (more than it should) and, if there's too much tilt it isn't great for your posture and as a result can contribute to back pain.

Levels :- All

| Target Muscle Group | Hip Flexors

We start with a little warm up to engage the hip flexors, then go on to some exercise that fire up the muscle in and around our hips followed by some stretching.

1. **Deep Squat** – rest elbow inside your knees and get low
2. **Lunge Hip Stretch** – lift your arms and reach deep into the lunge
3. **Sumo Squat** – to straight legs – try to keep hands by your toes

Stretching

1. **Pigeon Pose** – Reach up and back down to feel the stretch in your glutes and hips
2. **Wide leg Seated Reach** – Stretch over one side and the other
3. **Wide Knees Front lying Stretch** – Lift up and back down
4. **Leg over Knee Lying Stretch** – Relax down into this one
5. **Happy Baby Pose** – Hold you feet if you can and relax in to the stretch
6. **Seated Butterfly Stretch** – Bring feet in as close as you can



20 Minute Workout



Information Zone:-

1. TRI improves your strength, power, mobility, endurance and flexibility - a full body fat burning session
2. Always take your time! You will reach a time that you will not be able to improve without sacrificing your form - so try a harder variation!
3. Don't forget you can contact us through our website, Facebook or email if you have any questions
4. Put 100% into every workout. This workout will get your heart rate up to where you need it to be to get body changing results
5. Always consult your doctor before beginning any new exercise program
6. Don't forget to warm up, cool down and stretch with every MyFitZone workout

Check out our website for more workouts at www.myfitzone.co.uk