



Movement Prep 2: Lunge – Thoracic Rot – Hamstring – Hip Flexor

*Hold each movement at end range for 3 seconds

*Fluid transition between each movement

1



Lunge

*Keep back straight with front foot flat and under knee

2



Thoracic/Lumbar Rotation

*Push through ground with your hand as you rotate up

3



Hamstring

*Keep back leg straight as you straighten front leg

4



Hip Flexor

*Perform posterior pelvic tilt as you squeeze glute of knee on ground

Check out the video [here!](#)