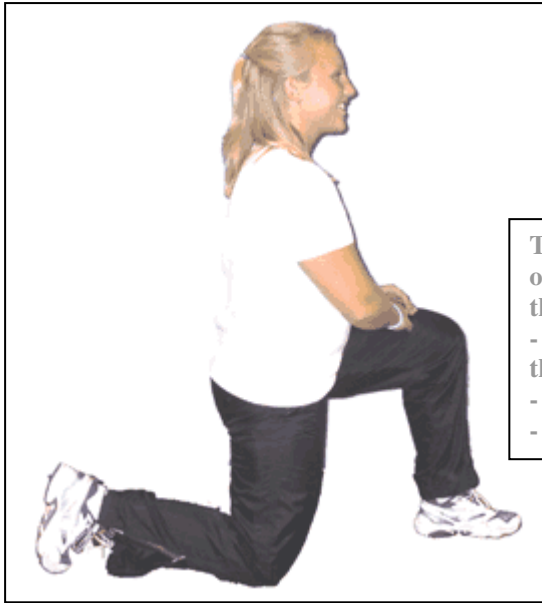


Hip Flexor Stretches .. Google

The following site offers a wide range of examples of stretches, with photographs and comments
www.myfit.ca/exercisedatabase
or simply google the area you want
e.g. **Hip Flexor Stretches Photographs**



This stretch is important for running or any other type of aerobic activity that includes your lower body.

- Kneel with one leg forward, while the other leg behind.
- Bend your front knee.
- Keep your torso upright.

