

HIP FLEXOR

WORKOUT SETS

<u>WARM UP</u>	<u>REPS</u>	<u>EFFORT</u>	<u>Time (Min)</u>
Easy Warm Up Jog	1	Z1 - Z2	5
LEG LIFTS, BUTT-KICKS, PIKE STRETCH, WALKING LUNGES, STAR TOUCH, RUNNER'S TOUCH, CARS	1	per side	3
<u>MAIN SET ** 2 times through for entire workout **</u>	<u>REPS</u>	<u>EFFORT</u>	<u>TIME per rep (sec)</u>
X Body Mountain Climber Start in a high plank position with arms straight, wrists over shoulders, body forming a straight line from your head to ankles. Engage your core and draw left knee as far as you can toward right elbow. Bring left foot back to starting position. Then draw right knee as far as you can toward left elbow. Continue alternating between legs as fast as possible.	15	per leg	
Rest	1		30
Squat Thrust Stand with feet shoulder-width apart and arms at your side. Send hips back as you lower your body into a deep squat with hands on the floor. Kick your legs backward so that you land in a high plank position. Quickly bring your legs back to squat position and stand back up to starting position. Repeat.	15		
Rest	1		30
Ball Knee Tucks Begin in a pushup position, the tops of your feet and shins on your ball. Keeping your torso parallel to the ground, draw both your knees in toward your chest. Slowly return to your starting position and repeat, avoiding rocking your body back and forth as you complete the movement.	15		
Rest	1		30
Reverse Lunge with Knee Drive Begin standing tall, feet hip width apart. Extend your right leg back behind you and lower into a lunge on your front leg. Now engage your glutes and push back to standing, but, instead of returning your foot to the floor, drive your knee in toward your chest. This knee drive should take a two second count on the raise and lower; don't try to drive the knee too quickly. Return to your starting position and repeat on the other leg.	15	per leg	
Rest	1		30
Ball Pikes Begin in a high plank position, hands beneath your shoulders. Place the tops of both feet and shins on your exercise ball. Raise your hips toward the sky until just the very tips of your toes are touching the ball. Slowly lower, returning to starting position.	15		
Rest	1		30
Dead Bug Begin lying on the floor on your back. Engaging your abs, raise your legs off the floor at a 90-degree angle. Now, extend and lower your right leg until its just a few inches off the floor, while simultaneously raising your left arm over your head. Hold for a 2-second count. Now, bring your extended leg and arm back to the starting position and repeat on the other side.	15	per leg	
Rest	1		30
Skater Squats Bend from the knee and hips, lowering your butt toward the ground while keeping your back straight and chest lifted. After each squat, shift your weight to either your right or left leg while lifting the opposite leg off to the side with your toes pointed ahead. Alternate legs each time.	15	per leg	
Rest	1		30
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<u>COOL DOWN</u>	<u>REPS</u>	<u>EFFORT</u>	<u>Time (Min)</u>
Easy Cool Down Jog	1	Z1 - Z2	5
Touch toes : hold 1 minute, Quad hold : 1 minute each leg, Calf stretch : 1 minute each leg, Side lunge : 1 minute each leg	1	Each Side	3

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