

Hip Flexor Strengthening

Do it Right!
Exercises you Should Do

Types (progression): There are a variety of ways that you can strengthen your hip flexors with your body weight in both the standing and supine position on floor. When standing try not to hold on to a support to develop better balance. You can also use bands or hand weights for added resistance or you can push down against knee with hand (this work your core as well). **Performance:** Strengthen with 10+ repetitions for 1-3 x sets. **Form:** Make sure you keep the natural curve of you back by bracing (bracing). Maintain an upright neutral lower back curve posture throughout motion. You should stop if you have any back pain. These exercises work with hip flexors stretches to keep you healthy, fit and pain-free.



Strengthening the hip flexor is often neglected part of training. Weakness may lead to compensations and overuse injuries. If you sit too much often these muscles get tight and weak. A tight and weak hip flexor may decrease gluteal ability, which can lead to low back and knee issues. A key feature you must do is to keep your abdomen braced and spine in neutral to make the exercise safe and effective.

Hip flexors are the muscles that surround the hip joint in the front of the body. They lift the foot off the ground. These muscles are vital to the movement of the lower body especially when you walk or run. The hip flexors, which consist of five distinct muscles, are often a neglected muscle group. It is not uncommon for even exercise enthusiasts to leave out exercises that strengthen and stretch these muscles. A person should keep the hip flexors well-stretched and strong to help avoid injury or prevent existing injuries getting worse. Many think that a tight muscle is a strong muscle. That is a wrong thought. Sometimes muscles tighten because of weakness and poor posture. So the best solution is a combination of releasing a muscle through different self-treatments, stretching, and strengthening.

