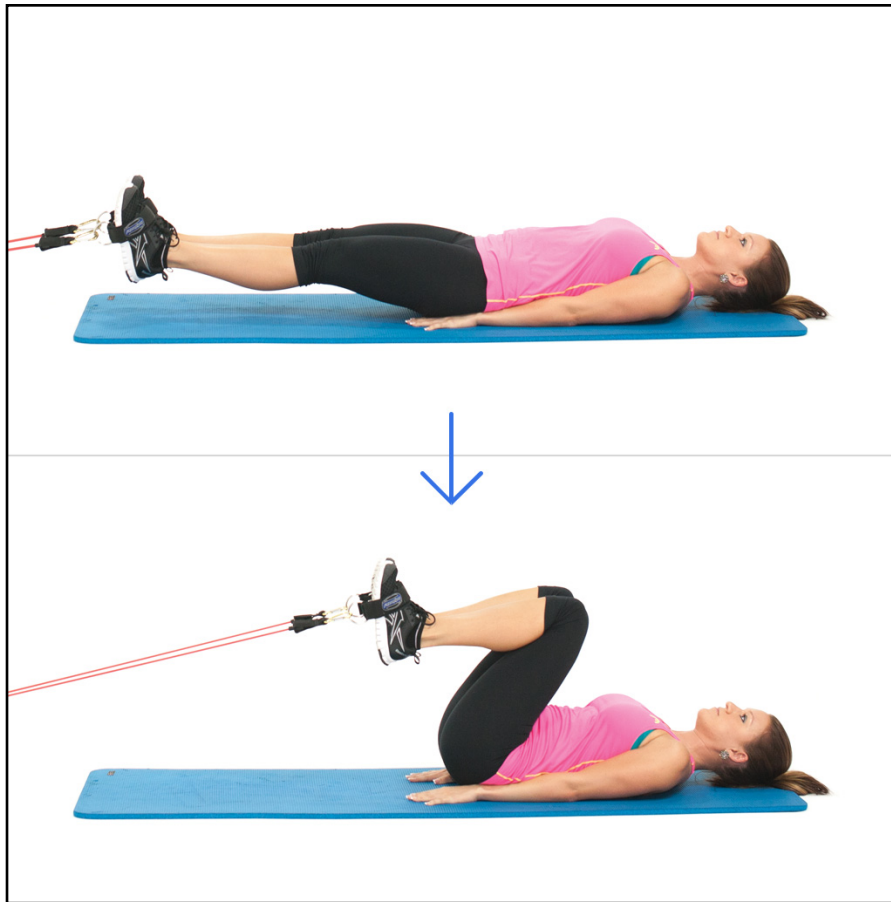


# Lying Hip Flexion With Bands

Area Targeted: Hip Flexors



**FIND THIS EXERCISE ON YOUTUBE:** <https://www.youtube.com/watch?v=M2FeFK4ejtQ>

## INSTRUCTIONS:

### SET UP:

**Anchor:** Secure the band(s) to the door with the door anchor at the bottom of the door.

**Bands:** Attach each end of the band(s) to an ankle strap.

**Body Positioning:** Secure an ankle strap around each foot (with the ring on the bottom) and lay on the floor 3 to 4 feet away from the door while facing the door. Start with your legs totally straight (pointed towards the door anchor), and arms at your sides with palms down.

### MOVEMENT:

Pull your feet away from the door and bend your legs bringing your knees towards your chest.

### POINTS TO REMEMBER:

1. Keep your legs together and try to pull from your heels.