

# *HIP FLEXOR EXERCISES*



**Side Knee Raises**



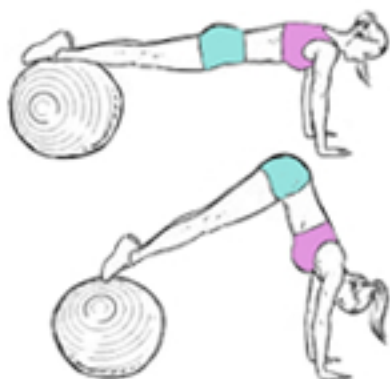
**Pelvic Lift**



**Backward Leg  
Extentions**



**Dumbbell Squat**



**Ab Press w/Ball**



**Full Body Squats**