

Lower-Body Warm-up

No equipment needed. A lower-body routine targeting the muscles of the hips and legs. For anyone needing regular hip and ankle mobility, and glute activation. Complete one round, resting 10 seconds between movements.

TIME
9 minutes

EQUIPMENT
None

1

Quadruped Calf Stretch

30 SEC EACH SIDE

- Gently stretch for full 30 sec



2

Quadruped Lateral Leg Raise + Circles

30 SEC EACH SIDE

- Each rep = 1 raise + 1 circle



3

Lunge Position Mobilization

30 SEC EACH SIDE

- Gently stretch for full 30 sec



4

Half-Kneeling Hip Flexor Stretch

30 SEC EACH SIDE

- Squeeze glute, reach arm high



5

Quadruped Straight-Leg Lateral Raise

30 SEC EACH SIDE

- Keep leg straight, raise gently



6

Kneeling Glute External Rotation Stretch

30 SEC EACH SIDE

- Gently stretch for full 30 sec



7

Kneeling Ankle Mobility

30 SEC EACH SIDE

- Keep heel planted, bend knee



8

Side Plank with Knee Drive

20 SEC EA SIDE

- Keep hips high throughout

