



## Functional Hip Strength and Flexibility Mini-Flow

1. Hip CAR (Controlled Articular Rotation), Pt. 1
2. Hip CAR (Controlled Articular Rotation), Pt. 2
3. Hip CAR (Controlled Articular Rotation), Pt. 3
4. Hip CAR (Controlled Articular Rotation), Pt. 4
5. Single Leg Squat (Variation)
6. Crescent Lunge (Anjaneyasana)
7. Crescent Lunge 90/90 Variation
8. Standing Knee to Chest
9. Figure 4 (Eka Pada Utkatasana)
10. Mountain (Tadasana)