

Hip Flexion

Stand with the Cufline handle behind one ankle and the other ankle inside the selected tubing. The leg with the handle around it should be placed back slightly for balance. Keeping the exercise leg straight, stretch the band(s) forward.



Exercises should be done for 2 sets of 10 repetitions, 3-4 times a week.
All routines are done standing unless noted otherwise.

The primary muscles used are the rectus femoris, the gluteus medius (anterior fibers), the gluteus minimus, the adductor magnus, the tensor fasciae latae, the sartorius, the psoas major, and the iliacus.

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Muscles of Thigh Anterior View - Superficial Dissection

