

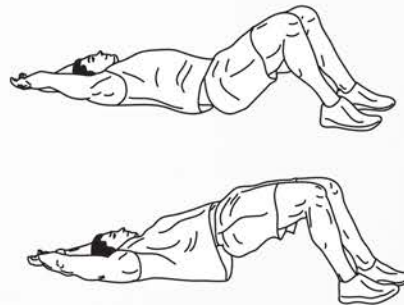
# Hip Flexors

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

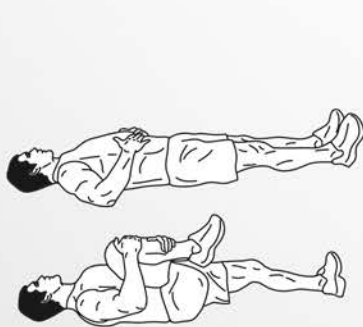
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



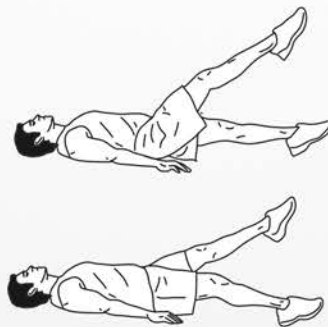
20 hip flexor stretches



20 bridges



10 knee hugs



20 flutter kicks



10-count stretch hold