

HEELCURVE HOCKEY

COUCH STRETCH (HIP FLEXOR)

EXERCISE MECHANICS

WHAT IT IS

A hip mobility stretch that targets the hip flexors—specifically the rectus femoris—by placing the back knee on an elevated surface while lunging forward. It helps improve hip extension, reduce tightness, and enhance posture and skating performance.

1 START

Kneel on the floor facing away from a bench or couch. Place the top of your back foot on the bench. Keep your torso tall.



2 LUNGE FORWARD

Step your front foot forward into a lunge position. Keep your front foot flat and your torso upright.



3 SQUEEZE & TILT

Squeeze your glute on the back leg and tilt your pelvis forward slightly. You should feel a stretch in the front of the hip/thigh.



4 HOLD & SWITCH

Hold for the desired time, breathing deeply. Switch legs and repeat.



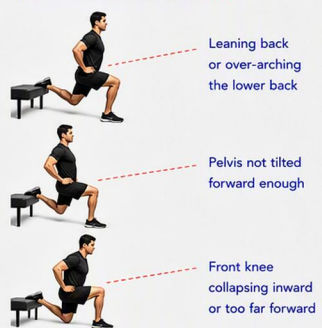
KEY POINTS

- Keep your torso tall and core engaged.
- Squeeze your glute on the back leg.
- Tuck your pelvis slightly forward.
- Feel the stretch in the front of your hip and thigh.
- Use your arms for balance if needed.
- Focus on quality stretch, not intensity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Hip Flexors (Rectus Femoris)
- Quadriceps
- Glutes
- Core
- Lower Back (Stabilizers)

TRAINING TIPS

- Use this stretch in your warm-up or post-training routine.
- Hold for 30–60 seconds per side and repeat 1–2 times.
- Combine with other hip mobility and activation drills.
- Include in your routine 3–5 times per week for best results.