

Hamstring Stretch Dynamic

Sets: 3 each side | Hold: 30s up to 1min | Rest: as needed | Frequency: once but twice per day better

Preparation:

- Lie on your back with feet flat on the ground
- Straighten one leg

Execution:

- Straighten one leg up into the air with the knee straight
- Grab the back of you thigh and tug you leg towards your chest until your feel a gentle stretch
- Bend your leg at the knee slightly coming off the stretch
- Repeat by pushing your heel towards the ceiling
- Alternate legs after the duration recommended

Note:

- Avoid kicking violently
- Avoid arching through you lower back

If it's shaking , you are doing it well!



Start position

Kick leg up, knee straight, tug to chest

Hip flexor Stretch

Sets: 3 each side | Hold: 30s up to 1min | Rest: as needed | Frequency: once but twice per day better

Preparation:

- Kneel on the ground\
- Place your hands on your hips
- Tuck your tailbone under (flattening your lower back)

Execution:

- Lean forwards, while maintaining straight posture and keeping your head up
- Avoid arching your low back or let your hips roll forwards

Do it next to a wall to hold on to and keep balanced.



Lean Forward, Tight Core, Straight Posture

Calf Stretch | Front Knee to Wall / Back leg straight

Sets: 3 each side | Hold: 30s up to 1min | Rest: as needed | Frequency: once but twice per day better

Preparation:

- Stand facing a wall as shown
- Have front toes and knee touching wall
- Move your foot back little by little until you can just about keep your knee against the wall and heel on the floor
- Hold

Execution:

- Move the back foot away from the wall to feel a stretch
- Keep back heel on the ground and knee as straight as possible
- Hold

Swap legs



Have front toes and knee touching wall