

Exercise	Description	
90/90 Hamstring Stretch	Lie on your back with legs straight out and toes pointed towards the ceiling. Bend right knee up 90 degrees so that it is in line with your hip. Use your hands to grab behind your thigh to hold it in place. Attempt to straighten out your leg. Hold for 3 seconds then bend your knee back down. Repeat 10 times then switch legs.	
Kneeling Hip Flexor Stretch with Rotation	Get into a half kneeling position with right knee up. Perform a posterior pelvic tilt. Reach left arm overhead and rotate your torso to the left. Hold 3 seconds then twist back. Perform 10 times on each side.	
Inchworm	Get into a plank position with straight arms. Walk hands out a few inches then slowly inch your feet up towards your hands. Press heels into ground and keep legs straight. When you have inched up as far as you can, walk hands back out and repeat. Perform 10 times.	
Spiderman	Get into a plank position with straight arms. Bring right foot up next to your right hand. Keep knee in and toes straight forward. Dip hips down and pick head up. Hold for 3 seconds. Bring leg back to the start and switch legs. Perform 16 total.	
Lateral Lunge to Drop Lunge	Take a large step out to the right with your right foot. Shift your hips to the side and back to bend your right knee while keeping your left leg straight. Keep your toes pointing straight ahead and your feet flat. Push through your right hip to stand back up. Move your right foot a couple feet behind you and to the left of your left foot. Square your hips so they're facing forward, and then bend at the hips and knees to sit back and down into a squat. Push back up to the starting position and continue into your next repetition. Perform 5 times each side.	
Superstars	Step backward with left leg into a lunge. Lean back slightly and reach left arm to sky as you twist your torso over your front leg. Hold for 3 seconds then return to standing position. Repeat on other side. Alternate sides until 10 are performed.	

Inverted Hamstring

Standing on right leg only, bend over from the waist and kick the left heel towards the sky. Maintain a straight line from ear through hip, knee and ankle. Hold in the stretch for 3 seconds then hinge from the hips to return to a stand. Take a step forward with left leg and repeat movement on left leg. Perform 10 total.



Straight Leg Skip

Lift your right leg in front of body to your left hand, keeping your leg straight. Drive your heel back down to the ground underneath hip generating double foot contact as your left leg lifts. Alternate and repeat moving forward for 20 yards.



Pillar Skip to the Side

Lift right knee and foot with left arm. Drive foot down to the ground generating a double foot contact as left foot and knee raise up. Alternate and repeat moving to the side for 20 yards.



2" Runs in Place Rapid Response

Get into an athletic base with feet shoulder width apart and hips down and back. Keeping your form, perform quick feet up and down 2 inches off the ground as quickly as you can as if you are running in place. Perform for 20 seconds.

