

Hamstrings

Targets:	Flexibility of the hamstrings and hips.
Starting Position:	<ul style="list-style-type: none">• Lie on the floor on your back with both legs straight.• Lift one leg off the floor.• Wrap towel or flexibility strap around foot – closer to toes than middle of foot.• Pull towel or flexibility strap as far as is comfortable.• Maintain slight bend in knee.
Stretch:	<ol style="list-style-type: none">1. Pull towel or flexibility strap until you feel good stretch in hamstring.2. As you pull, maintain slight bend in knee.3. Hold for prescribed count.4. Relax and return to starting position.
Ending Position:	<ul style="list-style-type: none">• Leg pulled as far back as comfortable.• Maintain slight bend in knee of leg being stretched.
Movement Keys:	<ol style="list-style-type: none">1. Pull slowly.2. Do not jerk or bounce leg.3. Hold for prescribed count.



Starting Position



Ending Position

Spider Stretch

Targets:	Flexibility of hip and IT Band.
Starting Position:	<ul style="list-style-type: none">• Lie on the floor; bend your knees and place feet flat on floor.• Take right leg and place outside of ankle on left knee.• Take both hand and grab underneath left leg. (Note: if you are unable to grasp hands, use flexibility strap or towel).
Stretch:	<ol style="list-style-type: none">1. Pull left knee toward left shoulder.2. Pull until you feel good stretch.3. Hold for prescribed count.4. Relax and return to starting position.
Ending Position:	Leg knee pulled toward shoulder as far as is comfortable.
Movement Keys:	<ol style="list-style-type: none">1. Pull slowly.2. Do not jerk or bounce.3. Hold for prescribed count.



Starting Position



Ending Position

Hip Flexors

Targets:	Flexibility of the front part of the hip.
Starting Position:	<ul style="list-style-type: none">• On one knee with other foot placed flat on floor.• Foot that is on floor should be slightly in front of knee (greater than 90 degree angle).• Place hands on knee.• Weight should be evenly distributed between knee and foot.
Stretch:	<ol style="list-style-type: none">1. Lean forward as far as is comfortable.2. Hold for prescribed count, relax and return to starting position.
Ending Position:	<ul style="list-style-type: none">• Body leaned forward over front leg.• Upper body up with good posture.
Movement Keys:	<ol style="list-style-type: none">1. Keep upper body in good, upright posture. This will enhance stretch.2. Perform movement slowly.3. Do not jerk or bounce.4. Hold for prescribed count.



Starting Position



Ending Position

Torso Rotation with Club

Targets:	Torso rotation flexibility.
Starting Position:	<ul style="list-style-type: none">• Grab club approximately shoulder width apart.• Stand at address position.• Keep slight bend in knees.
Stretch:	<ol style="list-style-type: none">1. Rotate to right as far as you can by pushing club with left hand.2. Hold for prescribed count and repeat.
Ending Position:	Knees slightly bent, upper body rotated to one side.
Movement Keys:	<ol style="list-style-type: none">1. Perform movement slowly.2. Do not jerk or bounce.3. Hold for prescribed count.



Starting Position



Right



Left