

Greatest Stretch in the World



Notes / Coaching Points

Lunge with your left leg forward and rest your right knee on the ground. From this position, bring your left forearm to the inside of your leg and try to place it on the ground. Hold for 2-3 seconds and then rock back onto your right leg, straightening your left leg and pointing the toe to the sky. Hold for 2-3 seconds and rock forward to the starting position. After the set number of reps, switch sides and repeat. This exercise creates a stretch deep into your hip muscles & adductors on the first portion, and then stretches your hamstrings on the second part.

Description
