

Hamstring/Adductor Flexibility Circuit

ALL STRETCHES SHOULD BE DONE 3 TIMES FOR A 30 SECOND HOLD

YOUR GOAL IS TO FEEL A STRETCH OR PULL, STRETCHES SHOULD NEVER HURT

QUALITY OF STRETCH IS MORE IMPORTANT THAN QUANTITY OF STRETCH

BE SURE TO STRETCH BOTH LEGS

HAMSTRING STRETCH:

- Use towel/band to flex hip
- Keep both knees straight



(HAMSTRING VARIATION)

- Bend knee to isolate high hamstring



(HAMSTRING VARIATIONS)

- Turn toes inward to isolate medial hamstring
- Turn toes outward to isolate lateral hamstring



STANDING HAMSTRING:

- Prop heel on step or table with ankle flexed/toes toward the ceiling
- Bend at hip, back straight, head up
- Keep knees straight



ADDUCTORS:

- Side lunge
- Both feet flat on ground/table
- Sit into stretch



(ADDUCTOR VARIATION)

- Side lunge
- On the leg that is straight flex your ankle/point toes toward ceiling
- Sit into stretch



ADDUCTORS (SUMO):

- Wide stance, toes out
- Elbows on knees, push out

