

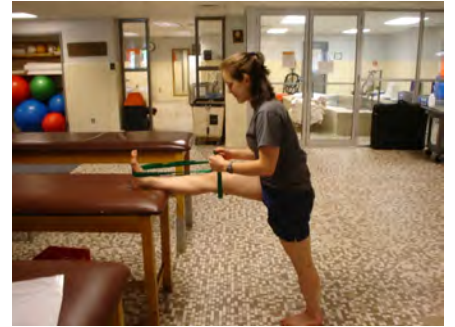


Static Flexibility Program

Static Hamstring

Hamstring: Standing, one leg on table (hip height), feet facing forward

Hold each stretch for 10–15 seconds (repeat 3–4x)



Static Groin

Groin: Open up stance. Reach arm over for a deeper stretch

Hold each stretch for 10–15 seconds (repeat 3–4x)



Static Quad/Glut

Quad: Standing, foot on table, feet pointing straight ahead, bring hip through

Hold each stretch for 10–15 seconds (repeat 3–4x)

Glut: Standing, leg in figure 4 position on table, lean forward

Hold each stretch for 10–15 seconds (repeat 3–4x)



Static Hip Flexor (Standing/Kneeling)

Standing position: Stagger your stance, lunge forward so hip flexor is on stretch, reach arm up (slightly side bend and rotate arm so palm is facing away)

Kneeling position: Kneel on one knee with opposite foot in front, lunge forward and reach arm up (same as in standing)

Hold each stretch for 10–15 seconds (repeat 3–4x)



Static Glut (Hip Stack)

Position: Bottom leg knee bent at 90-degree stack other leg on top (knee on top of ankle and other ankle on top of knee)

Hold each stretch for 30 seconds (repeat on other leg)



Static Quad/Groin

Position: Knee bent at 90 degrees or more off to side. Start with hands behind back and slowly move to elbow if able—focus on keeping hip straight and not raising hip off table

Hold each stretch for 30 seconds (repeat on other leg)

