



Inverted Hamstring Stretch (Bird Dip)

Starting position:

Standing on one leg with your knee slightly bent.

Movement:

Slowly bend at your hips, extend your other leg back and touch the ground directly in front of you. Remember to keep your back leg and your back straight. Try to keep your hips level and facing downward. DO NOT twist them. Slowly return to starting position.

Perform ____ Reps ____ Sets ____ X/day



Star Drill (SLS with Inferior Reach)

Starting position:

Standing on one leg with your knee slightly bent.

Movement:

Slowly bend at your hips, extend your other leg back and touch the ground directly in front of you. Remember to keep your back leg and your back straight. Slowly return to starting position. Repeat drill to spots 45 degrees to your left and right and directly to your left and right.



Perform ____ Reps ____ Sets ____ X/day