

Movement Prep

Hip Crossover:



Feet on the ground, alternate sides



Feet off the ground, alternate sides

Calf Stretch:



Knees Locked



Knees Bent

Inch Worm:



...Walk feet up with legs straight using only your ankles until you feel a good pull in your hamstrings, hold, then walk your hands back out. Repeat as desired.

Movement Prep Cont.

Inverted Hamstring Stretch:



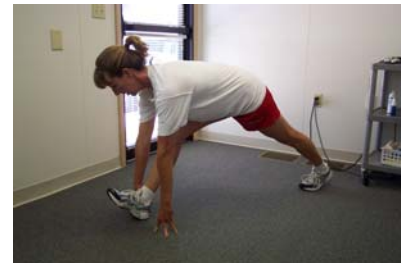
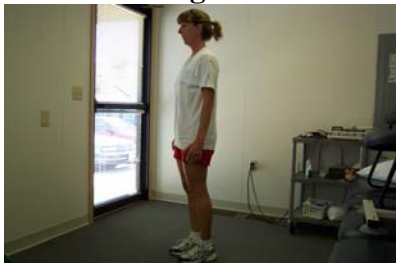
Body parallel to ground, alternate legs

Lateral Lunge:



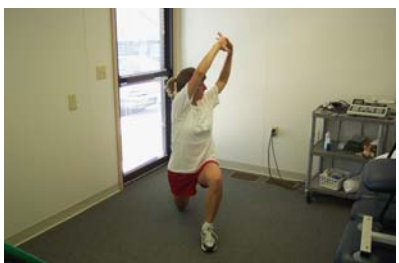
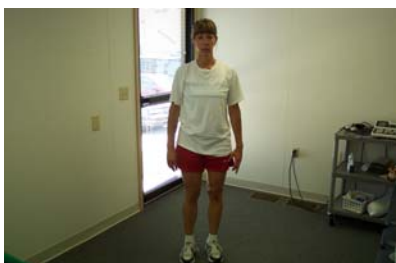
Alternate both sides

Forward Lunge/Forearm-to-Instep:



...World's Best Stretch

Backward Lunge with Twist:



Alternate both sides

Movement Prep Cont.

Drop Lunge:



...Side-step behind plant leg, square up hips, and squat down. Alternate legs

Sumo Squat-to-Stand:

