



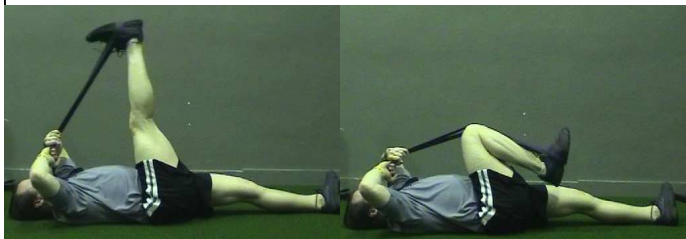
TRAIN BOSTON



1. Lock the band through your instep by pulling the band taught, then with your outside hand loop the band around yet again, and pull taught a final time.



2. Warm up the hamstrings by driving them out of a full straight legged stretch toward the floor touching the heel each time. Keep quad flexed and toe pulled back toward your head. 10-20 reps



3. Continue to warm up hamstrings by again starting in a full straight legged stretch position, but this time drive the heel toward the floor by flexing the knee. 10-20 reps



4. Contract-relax stretching: pull leg into a full stretch position and hold for 10 seconds. Then press against the pull of the band, contracting the hamstrings and glutes for 3-5 seconds, but meeting that force so the leg does not move. Then relax the muscles and let the leg stretch again. This contract-relax technique should allow you to gain a little length. Repeat 3-4 times.



Modified hamstring stretch position: If you are very tight in the hamstrings, use this position with the opposite hip slightly flexed and the foot flat on the ground. It will help keep stress off your low back until you develop a bit more flexibility in this range of motion.

Then in a full stretch position, pump the ankle 10 times.

***If you are very tight, you may want to use the modified position explained to the left.



5. Inner (medial) hamstring stretch: If you are not already using the modified position, flex the opposite hip slightly and put the foot flat on the ground. Keeping that knee pointing toward the ceiling, laterally lay the stretch leg as close to the ground as possible.



6. 45 deg hamstring stretch: keep your position, only bring the stretch leg to a 45 deg position.



7. High noon hamstring stretch: keep your position, only bring the stretch leg to a 90 deg ("straight up" or "high noon") position.



8. Outer (lateral) hamstring stretch: Now straighten the opposite leg and rotate the hips attempting to bring the stretching leg completely across the body and touch the floor.



9. Figure 4 hip stretch: let the band hang, cross the stretching leg onto the other knee and reach through to the front of the opposite knee with both hands. Pull the crossed legs in towards your abdomen area. Feel the stretch in the hip/buttock area.



10. Side-lying groin stretch: lay on the opposite side of the stretching leg. Choke up on the band and extend your arm up overhead in such a way that you flex the stretching leg's knee but also pulling it away from the midline of your body. This should stretch the groin.



Quad stretch: This is a two part stretch. First, lie on your front and pull your foot forwards your buttocks, while keeping that leg in line with the opposite leg (don't let it slide out to the side). Press your hips into the floor while doing this to increase the stretch on the quads and hip flexors. Secondly, attempt the same stretch again, but this time contract your glute and attempt to lift the thigh off the ground while continuing to stretch. This will increase the effect on the hip flexors.

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