

FLEXIBILITY EXERCISES

Hamstrings stretch (as a group)

Stretching the hamstrings will prevent them from becoming too tight, reduce risk of injury and provide extra support for the back and pelvis.

Hold for 30 seconds.



Coaching Tips

Step 1: Lay on the ground with your back and feet flat on the floor.

Step 2: Pull your knee in towards your chest and straighten your leg.

Step 3: Use your hands to hold your leg in position.

Hamstrings

The hamstrings consist of three muscles: Semitendinosus, Semimembranosus, and biceps femoris and cross and act upon two joints; the hip and knee. Its main action of is knee flexion. It also extends your hip and laterally rotates at the hip and knee.

