

Floor/Field Stretches(1-3 x/day)
Complete After a Warm-Up and After a Cool Down
3D Hamstring (hold 10-30 sec. each position)



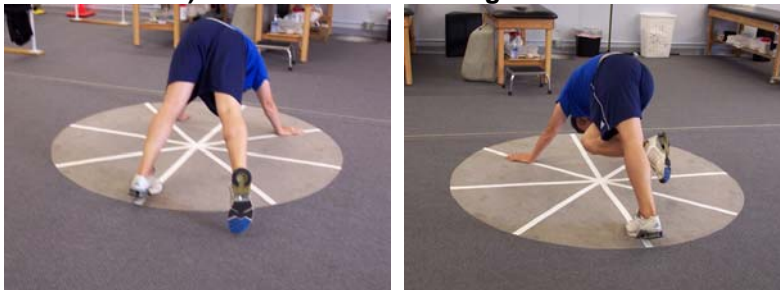
(swing or reach arms to both sides x 5-10 each)

3D Calves (10 sec. holds and/or 5-10 oscillating repetitions)



1. (heel flat, may rock fwd/bkwd)

2. weight shift side to side on hands w/heel flat



3a. (reach non-stretch foot back)

3b. drive knee to opposite arm pit)

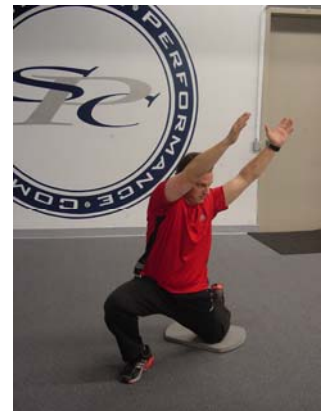
3D Hip Flexor Stretch



Start position



1. Swing arms above head as front knee drives forward (x 5-10)



2. swing arms over each shoulder as front knee drives forward

3D Groin Stretch

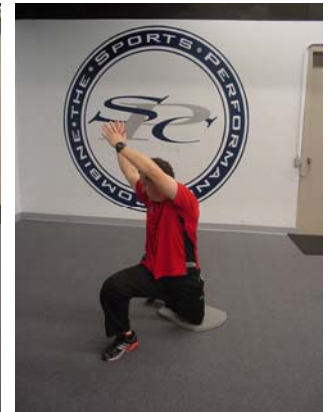
(turn either leg outward 90° to open up back hip)



Start position



1. Swing arms above head as front knee drives forward (x 5-10)



2. swing arms over each shoulder as front knee drives forward

3D Piriformis Stretch



1. Forward, elbows close to body, hips level, back foot as far back as tolerated hold x 10-30 sec.)



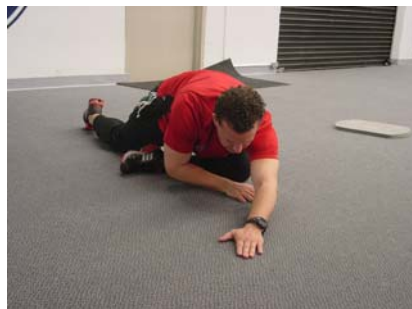
2. elbows to right x 10-30 sec.



3. elbows to left x 10-30 sec.



***Start position* (piriformis dynamic)**



alternate sliding forward reaching opposite hand across & return to start position (repeat 5-10 reps)