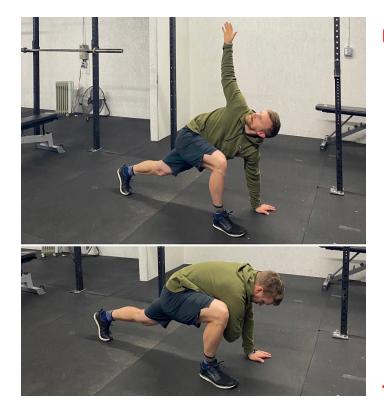
ADVANCED TRAINING AND PERFORMANCE

World's Greatest Stretch



Exercise Description

- 1. Reach one leg out in front of you
- 2. Place the opposite hand down on the ground
- Using the elbow on the same side as the leg in front, reach your elbow to your front foot
- 4. Then rotate your top arm up to the ceiling
- 5. Repeat for opposite side
- 6. Sets and reps
 - o 3-4 times/week
 - o 3-4 sets
 - 10-12 reps
 - Each rep should take about 5 seconds

The Why

This exercise is focused on mobility. This should feel good and really open up the hips.

