



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
3. 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
 - 3-4 times/week
 - 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.

