

SUPINE HAMSTRING STRETCHES



32: *Supine single leg hamstring stretch*



33: *Supine double leg hamstring stretch*



34 A: *Supine Hamstring Stretch in Doorway, Bent*



34 A: *Supine Hamstring Stretch in Doorway, Straight*

Purpose: Releases hamstring tightness.

Benefit: Improves posture at address to enable stable, neutral pelvis throughout swing.

Instruction: **32:** Lie on floor, lift _____ leg to bring that hip to 90 degrees, hold behind _____ leg maintaining the 90 degree angle while straightening _____ knee until a stretch behind the leg is felt

33: Lie on floor, bend both knees and lift one leg at a time off the floor to bring each hip to 90 degree angle while straightening each knee until a stretch behind the legs is felt.

34A: Lie on floor just outside of the doorway, lift leg nearest door way so to put heel on the door frame while keeping other knee bent. Keep the lifted knee straight while sliding your body closer to the frame until you feel a stretch behind your leg. To increase the stretch, you may move closer to the doorframe, keeping the lifted knee straight.

34B: Lie on floor just outside of the doorway, lift leg nearest door way so to put heel on the door frame while keeping other knee straight. Keep the lifted knee straight while sliding your body closer to the frame until you feel a stretch behind your leg. To increase the stretch, you may move closer to the doorframe, keeping the lifted knee straight.

Quantity: Hold _____ minutes reps _____ leg(s) _____.

