



Leg Lowering Against A Wall

Purpose:

This exercise helps improve your hip hinge mechanics and hamstring flexibility.

Benefit:

Hamstring mobility promotes neutral address posture by improving your hip hinge.

Instructions:

Lying flat on your back in a doorway, place your right leg up against a wall and stabilize your core. Keeping both legs straight and your spine stable, slowly lower your left leg down to the ground. Repeat this up and down movement for the prescribed number of reps and sets.

Quantity:

Do _____ reps _____ sets on _____ side(s).

