



Toe Touch Toes Up

Purpose:

This exercise helps increase your ability to hinge from your hips.

Benefit:

This exercise improves your ability to hinge your hips properly at set up.

Instructions:

Start by elevating your toes up on a foam roller or small phone book. Raise your arms straight up over your head and place a rolled up towel or foam roller between your knees. Now, slowly bend from your hips and try to touch your fingers to the ground. If you squeeze your knees together during the movement it will help assist the stretch.

Quantity:

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

