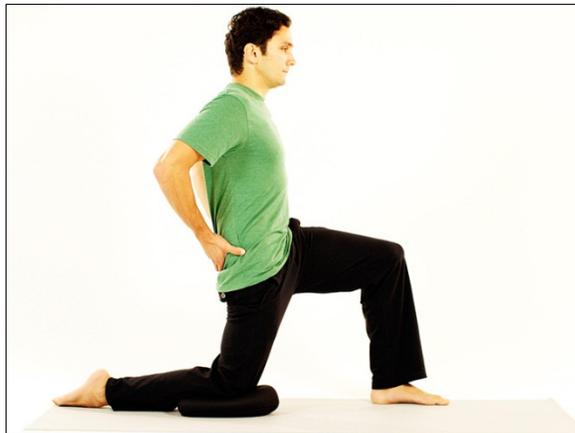




Pelvic Tuck

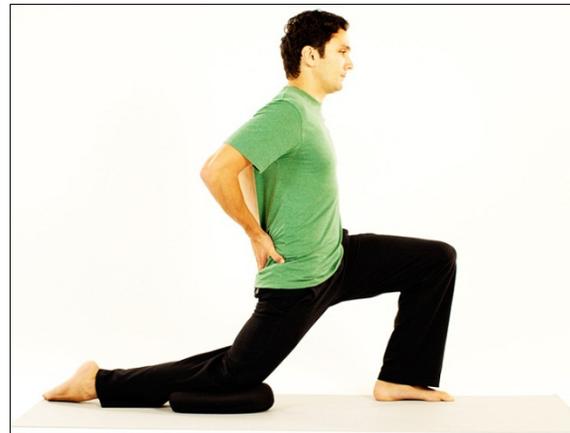
Level 2

Recruit (Strength)



- Kneel on the floor in a lunge position with your front leg at a 90 degree angle at the knee and your back leg knee directly under your hip.
- In order to isolate the Psoas (prime hip flexor) muscle you will need to, “tuck your tail” (Posterior pelvic Tilt).
- To help achieve this position place your hands on the small of your back with your fingers pointed down over your sacrum. Press into your sacrum with your fingers to help exaggerate the tucking movement.
- Once your pelvis is tucked lunge forward as far as possible without losing the tuck. This is the starting position.
- Give resistance with your front leg and your hands as you pull your body back to the starting position with your hip flexor muscles.

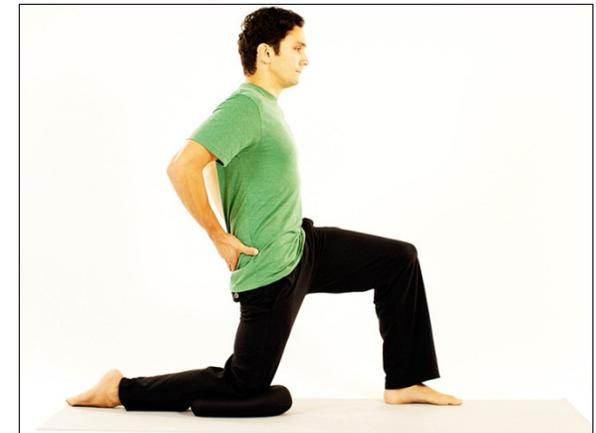
Retain (Transition)



- Make sure to re-tuck your tail and maintain the fatigue/burn as you transition into the stretch phase.

Note: If you have an unstable lower back and or excessive hip flexor tension when you tuck too much you will feel it go directly to your lower back. Only tuck your tail as far as you can keep the sensation in the front of your hip. Do not “work through it,” if you are feeling your back during the exercise then you are overdoing it and will flare yourself up.

Release (Stretch)



- Using your hands to add weight to your hips begin to move forward into the stretch while maintaining the contraction in the Hip Flexors of your back leg.
- Only go as far as you can keep the stretch in the front of your hip.

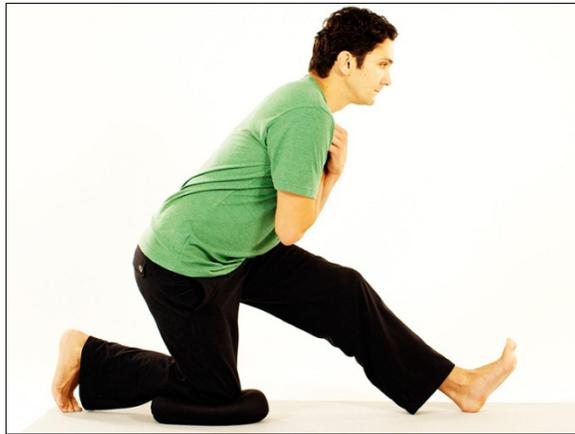
Note: This exercise can cause discomfort in the front of the knee if you are not accustomed to pressure on your patella. Do not continue the exercise if the discomfort becomes sharp. And if you feel discomfort do not overdo the exercise, move on to a standing variation and then try again during another session.



Straight Leg – Central

Level 2

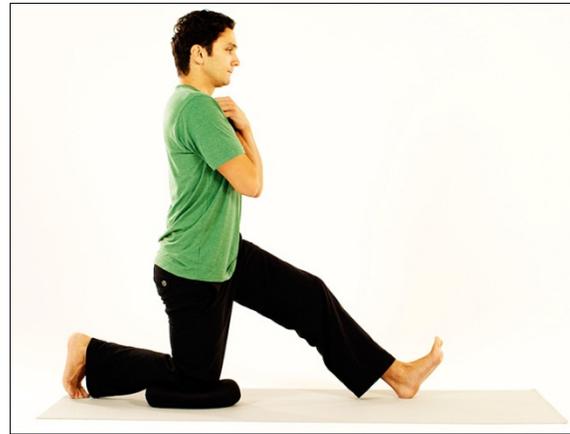
Recruit (Strength)



- Reach your chest forward to a comfortable position.
- For resistance kick your leg down into the floor in order to push your torso away from the leg.
- Repeat until the muscle fatigues and starts to burn.

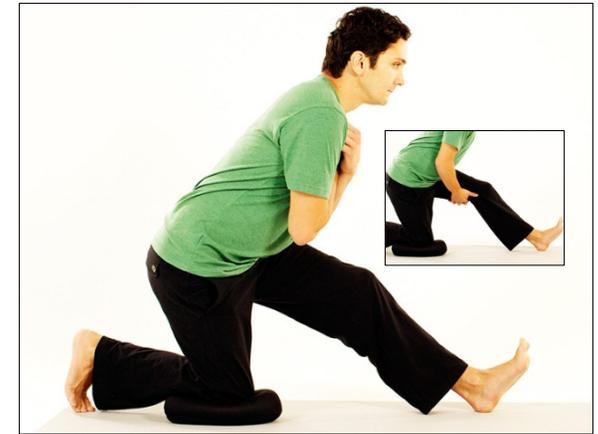
Note: If you are having a hard time with the movement, just hold an isometric contraction at a particular range until the muscle fatigues.

Retain (Transition)



- Before performing the stretch connect to the hamstring by continuing to kick the leg into the floor.

Release (Stretch)



- Moving from the up position continue to resist with the hammy and reach your chest forward and out keeping your back flat and using your body weight to assist you in the stretch.
- For added resistance you may grab under your thigh and pull yourself towards your leg.

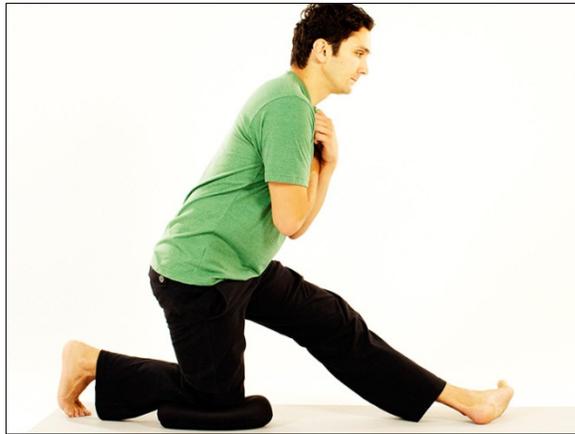
Note: If you decide to pull with your hand remember to keep kicking with your leg.



Straight Leg – Lateral v1

Level 2

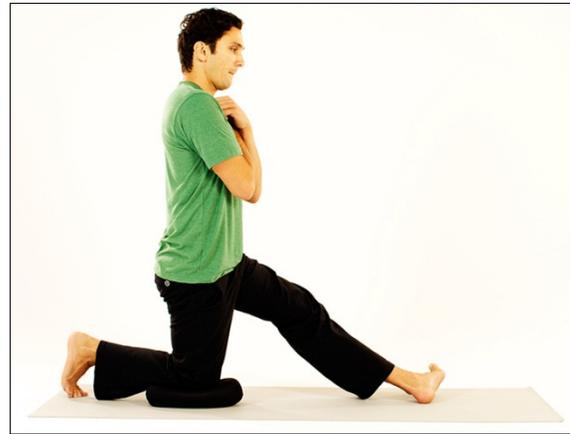
Recruit (Strength)



- Lunge on the floor with the leg you want to work out in front of you keeping the knee slightly bent.
- In order to isolate the lateral hamstring externally rotate your front leg so that your foot points out away from your midline. Then reach your chest forward and out over your outstretched leg keeping your back tall and straight. This is the starting position.
- Give resistance by kicking your leg down and allow the resistance to press your torso up and away from your thigh.

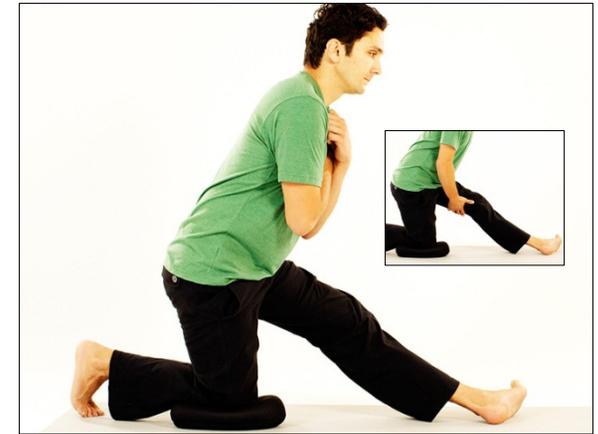
Note: Be mindful of your knee in this position, you may need to keep it straighter than you did when doing the central hamstring stretch so that the joint is more stable. If it feels awkward at your knee try turning your leg slightly back towards the center.

Retain (Transition)



- Maintain the fatigue/burn in the lateral hamstring as you transition into the stretch phase.

Release (Stretch)



- Continue to resist as you slowly reach your chest back out over your leg.
- Only go as far as is comfortable and do not allow the stretch to become sharp at the lateral knee.

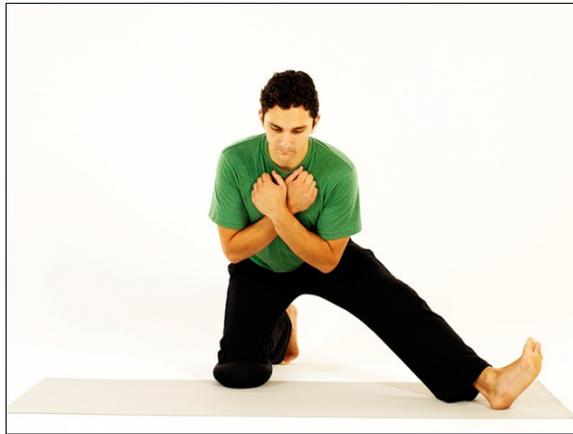
Note: To add extra resistance you can grab underneath your thigh, as soon as you are close enough to reach, and you can pull up with your hands as you kick down with your leg. (Not Shown Above.)



Straight Leg – Medial

Level 2

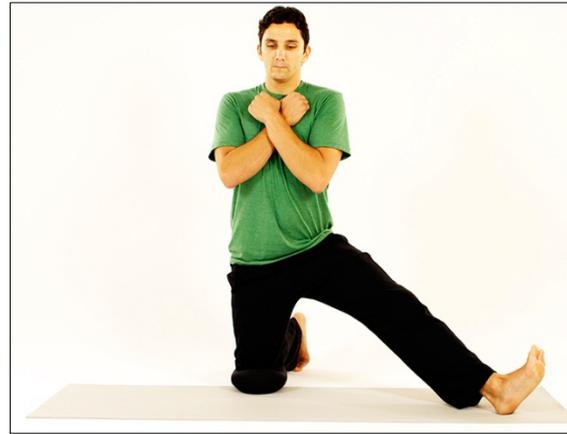
Recruit (Strength)



- Lunge on the floor with the leg you want to work out in front of you keeping the knee slightly bent.
- In order to isolate the medial hamstring step your front leg out to the side at a 45 degree angle from your midline making sure to keep your hips facing forward. Reach your chest directly forward keeping your back flat.
- Give resistance by kicking your leg down into the floor as you push your chest up and away from the floor.
- It should feel like the medial hamstring is carrying the weight of your torso as you perform the movement.

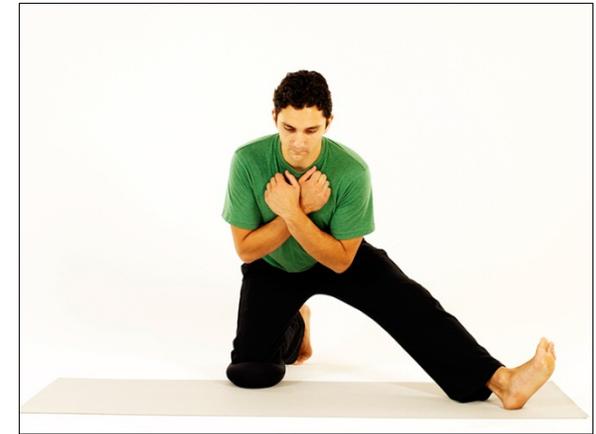
Note: If you are having a hard time with the movement, just hold an isometric contraction at a particular range until the muscle fatigues.

Retain (Transition)



- Maintain the fatigue/burn in the medial hamstring as you transition into the stretch phase.

Release (Stretch)



- Continue to resist as you reach your chest back down and forward keeping your back flat and using your body weight to assist you in the stretch.

Note: To add extra resistance you can grab underneath your thigh, as soon as you are close enough to reach, and you can pull up with your hands as you kick down with your leg.