

## Hamstring Lengthening Mat

The Hundred	100
Roll Up	5x
Single Leg Circles	5x
Rolling Like a Ball	5x
Single Leg Stretch	10 sets
Double Leg Stretch	10x
Single Straight Leg Stretch	10 sets
Double Straight Leg Stretch	10x
Spine Stretch Forward	4x
Swan Prep	
Planks	3x
Side Bend from Box (Stool)	3 sets
Single Leg Kicks	5 sets
Cat Cow	3x
Monkey	3x
Standing Side Bends	2 sets
<u>Side Kicks:</u>	
- Front/Back	7x
- Bicycle	3x
- Roll Like a Ball	6x
Front Split Prep	