

**MUHLENBERG COLLEGE
ATHLETIC TRAINING**



**LOWER EXTREMITY
STRETCHING/HAMSTRING
STRENGTH PROGRAM**

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HIP FLEXIBILITY CIRCUIT

ALL STRETCHES SHOULD BE DONE 3 TIMES FOR A 30 SECOND HOLD ON BOTH LEGS.

IF YOU HAVE HAD HIP TIGHTNESS AND OW BACK PAIN, OR MUSCULAR INJURIES IN THE PAST, THIS WILL HELP YOU.

PLEASE WARM UP AND STRETCH BEFORE ALL LIFTING AND CONDITIONING THIS SUMMER.

HEEL TO HIP CROSSOVER:

LAY ON BACK

CROSS ONE LEG OVER, HEEL ON GORUND

PULL ANLE TOWARDS HIP

(VARATION)

USE OTHER HAND TO PULL LEG, ENHANCE STRETCH



SEATED HEEL TO HIP CROSSOVER:
LEFT LEG STRAIGHT, CROSS RIGHT LEG OVER.
HUG RIGHT LEG, PULL HEEL TOWARDS HIP
(VARIATION): BEND LEFT LEG, HUG RIGHT LEG

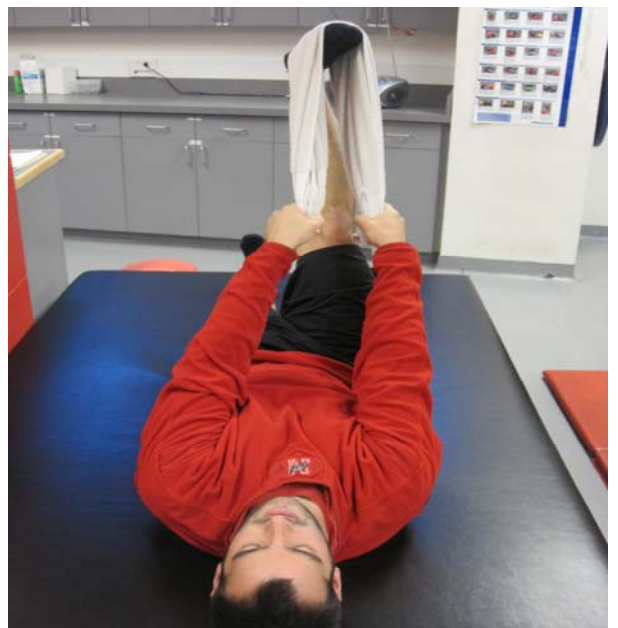


PIRIFORMIS STRETCH:
LEFT KNEE BENT, HANDS BEHIND KNEE
RIGHT ANKLE ON LEFT KNEE, PULL LEFT KNEE TO CHEST
PUSH RIGHT ELBOW INTO RIGHT KNEE



**HAMSTRING STRETCH:
LEFT KNEE STRAIGHT
USE TOWEL, BAND, ROPE TO FLEX RIGHT
HIP KEEPING KNEE STRAIGHT**

**(VARIATIONS)
ROTATE RIGHT HIP INWARD FOR MEDIAL HAMSTRING
ROTATE RIGHT HIP OUTWARD FOR LATERAL HAMSTRING
BEND RIGHT KNEE TO ISOLATE HIGH HAMSTRING**

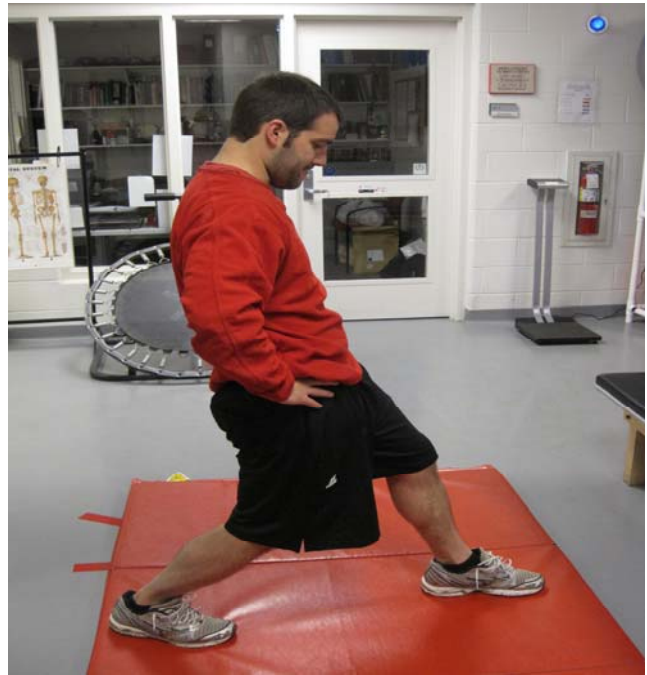


**HIP FLEXOR
STAGGER STANCE
TIGHTEN LOWER ABS AND GLUTE
LUNGE FORWARD**

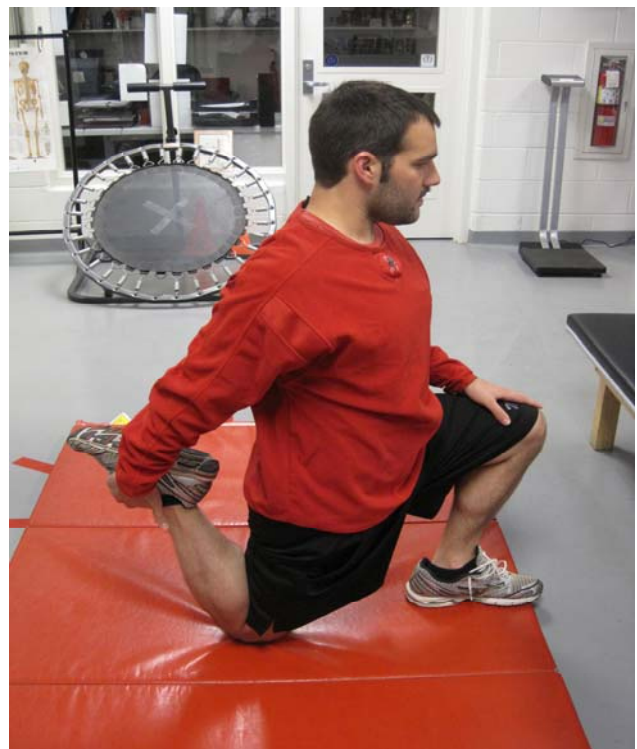
INCORRECT



CORRECT



**(VARIATION)
FORWARD LUNGE
HOLD ANKLE, BEND KNEE**



QUAD STRETCH
STANDING, FLEX KNEE, HOLD ANKLE
(KNEES TOGETHER!!)

INCORRECT



CORRECT



ADDUCTORS (SUMO)
WIDE STANCE, TOES OUT
ELBOWS ON KNEES, PUSH OUT



ADDUCTORS

**SIDE LUNGE,
RIGHT HEEL ON GROUND
SIT INTO STRETCH**



**(VARIATION)
SIDE LUNGE
RIGHT HEEL ON GROUND
SIT INTO STRETCH
LEFT TOE UP**



**CALF STRETCH
FOOT AGAINST WALL OR STEP
LEAN FORWARD, BEND WAIST**



HAMSTRING STRENGTH PROGRAM

ALL EXERCISES SHOULD BE DONE AFTER A WARMUP AND STRETCH

THREE SETS OF 8 TO 10 REPS FOR EACH EXERCISE

ALL PRONE (LYING DOWN) EXERCISES SHOULD BE DONE WITH YOUR CORE ENGAGED.

THIS MEANS YOU MUST DO A POSTERIOR PELVIC TILT.

POSTERIOR PELVIC TILT

LIE ON BACK

TIGHTEN LOWER ABDOMINALS

FLATTEN SPINE TO THE FLOOR

ROLL PELVIS UPWARD

YOU SHOULD BE ABLE TO BREATHE!!

INCORRECT



CORRECT



THE MORE YOU PRACTICE THIS, THE BETTER YOU WILL GET.

IF YOUR CORE IS STRONG, YOU WILL BE MORE ATHLETIC.

SUPINE ISOMETRIC HAMSTRING CURLS
POSTERIOR PELVIC TILT
KNEES AND HIPS BENT TO 90 DEGREES
DIG HEELS INTO BALL
3 SECOND HOLD, RELAX, REPEAT



SUPINE HEEL DIG AND PULL
POSTERIOR PELVIC TILT
HEELS ON BALL, KNEES EXTENDED
HEEL DIG, BEND KNEES

START



FINISH



SUPINE BRIDGE
POSTERIOR PELVIC TILT
KNEES EXTENDED, HELS ON BALL
DIG HEELS IN, BRIDGE UP
3 SECOND HOLD, RELAX, REPEAT
START



FINISH



SUPINE BRIDGE KNEES BENT
POSTERIOR PELVIC TILT
KNEES BENT, SOLES OF SHOE ON BALL
DIG IN KNEES BENT, BRIDGE UP
3 SECOND HOLD, RELAX, REPEAT
START



FINISH



**PRONE HAMSTRING CURL
SQUEEZE BALL BETWEEN LEGS
HAMSTRING CURL**

START



FINISH



LUNGE EXERCISE

**FORWARD LUNGE
HANDS ON WAIST
CHEST OUT
STEP FORWARD
90 DEGREE ANGLE AT ANKLE,
KNEE, HIP**

**RETRO LUNGE
HANDS ON WAIST
CHEST OUT
STEP BACKWARD
90 DEGREE ANGLE AT ANKLE,
KNEE, HIP**



WALL SQUAT

LEGS SHOULDER WIDTH
ARM CROSSED OVER CHEST
SIT TO 90 DEGREES
3 SECOND HOLD

START



FINISH



FRONT WALL SQUAT

LEGS SHOULDER WIDTH
LEAN FORWARD
WEIGHT ON TOES
SQUAT
3 SECOND HOLD

START



FINISH



BODY WEIGHT SQUAT
LEGS SHOULDER WIDTH
SQUAT TO 90 DEGREES
ARMS OUT



BOSU BALANCE

DOUBLE LEG
EYES OPEN 3X30 SECONDS
PROGRESS TO EYES CLOSED



SINGLE LEG
EYES OPEN 3X30 SECONDS
PROGRESS TO EYES CLOSED



SINGLE LEG ALPHABET
BALANCE ON ONE LEG
POSTERIOR PELVIC TILT
HOLD BALL WITH ARMS EXTENDED
MAKE LETTERS OF THE ALPHABET WITH ARMS
CAPITAL LETTERS

