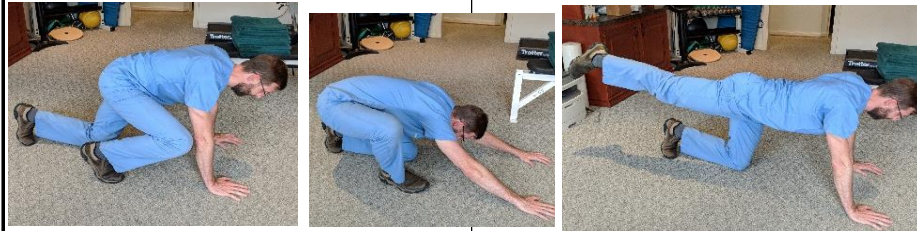


# Try all of them as warm up or between sets



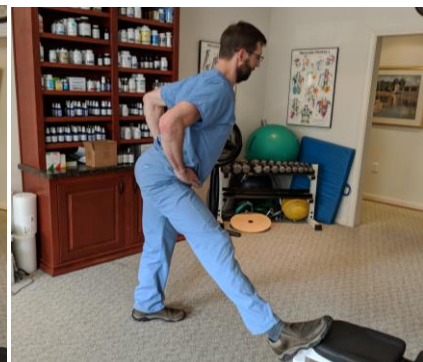
1. Keep hands stationary, pull right knee up and plant toe on the ground and rock back as far as you can to stretch right low back. Next extend leg out behind you as far as you can. 5 reps on each side and don't move your hand position.



2. kneeling rotate body around knee as shown in the picture as far as you can, then drop body around the hip as low as you can as shown in the picture. Perform 5 on one hip, then 5 on the other.



3. find bench or counter top and place one knee up as shown and anchor foot and knee to the surface with your hands. Arch your back and sag your hip down by bending knee on standing leg. Feel stretch on the hip on he table, hold for 30 seconds on each side. rotated torso twisting left and right to get more stretch.



4. Place one leg on a bench or box with knee bent, back arched and extend the knee as far as possible without rounding your back. Once the hamstring is stretched rotate torso to either side to stretch inner and outer hamstring. Hold each position for 5 seconds on each leg.