

Runner's Stretch Progressive



Reps:

Sets:

Duration:

Instructions:

1. Bring toe of one foot to the object and step back with the other foot to a kneeling position; the knee of the back leg touching the heel of the front foot.
2. Holding on to the object and maintaining pelvic alignment, slowly raise hips to straighten both legs, locking the knees.
3. Keep a straight or slightly arched back and sink into the thoracic spine; hold for 1 minute.
4. Lower and repeat on other side.
5. To progress, lower to elbows or substitute the chair with a block or the ground to add difficulty – but need to be able to maintain straight legs (knees locked).

Position:

Standing in front of a chair, a block, or the ground.

Purpose:

Movement of SI joints via one leg in flexion and one in extension; stretch of hamstrings; thoracic extension.