

STRETCHING

Hyatt Training exercise guide



Hamstring

Lying on back, loop strap around ball of foot. With other leg extended on floor, gently lift the stretched leg until pull becomes slightly uncomfortable. Continue to apply gentle pressure for 30 to 60 seconds. Perform stretch with both a straight leg and a slightly bent leg for different areas of emphasis.



Adductor (inner thigh/groin)

With strap looped around ball of foot and both ends of strap in one hand, gently raise leg and let it lower to the outside. Extend opposite arm straight out from shoulder and turn head to look at that arm. Keep both shoulder blades anchored while holding stretch for 30 to 60 seconds.



Hips/Glutes

From high position, opposite hand of foot holds strap. Allow leg to fall towards opposite side of body while extending the other arm straight out from shoulder and turning head to the side. Keep shoulder blades down, and hold stretch for 30 to 60 seconds.



IT band

From high position, opposite hand of foot holds strap. Gently pull across the midline to initiate the IT stretch. Pull high and across the midline by 12 to 15 inches for best stretch. Hold stretch for 30 to 60 seconds.



Quads

Lying face down, loop strap around laces. Pull over same side shoulder with both hands keeping upper legs anchored and parallel to each other. Hold stretch for 30 to 60 seconds per side.