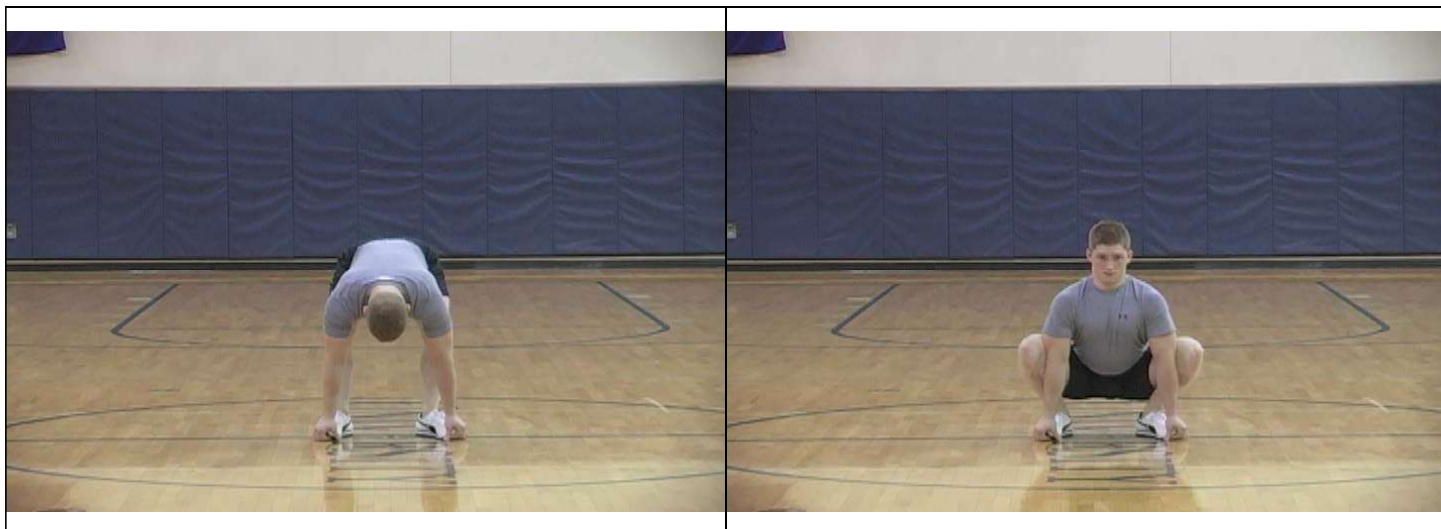


2.2 – SQUAT-TO-STAND



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve bilateral hip flexion mobility and improve length in the hamstrings and adductors. ▪ To teach someone the necessary mobility and stability patterns to squat effectively.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Set-up with your feet in a slightly wider than shoulder-width stance.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Bend over to grab the bottom of your feet, and then “pull” yourself into a deep squat position. ▪ As you move into the bottom position, focus on forcing the chest up, pushing the knees out, and keeping the heels down. ▪ From the bottom position, raise the hips back up without letting go of your feet. ▪ Hold this hamstring stretch for a count of one-one-thousand, and then pull yourself back down into the deep squat position.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Do not set-up with the arms outside the knees. ▪ Focus on keeping the chest up and knees out throughout.