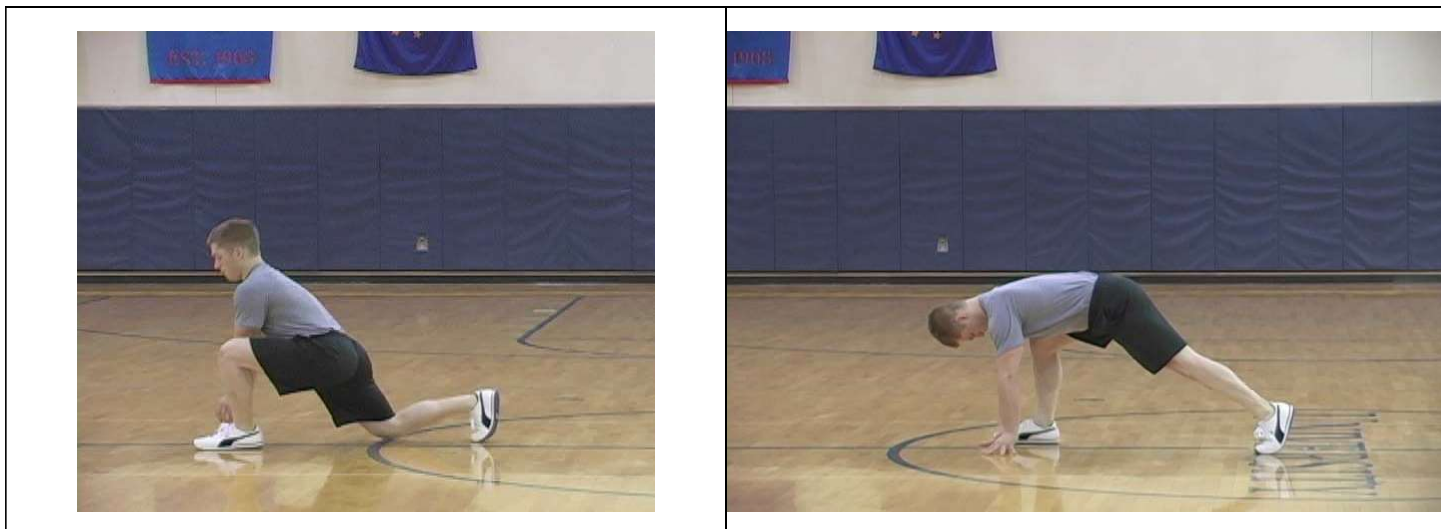


4.4 – WALKING SPIDERMAN WITH HIP LIFT



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve the length of the hip flexors, adductors and hamstrings.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Stand with your feet together and chest up and out.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Take a long stride forward into a lunge position. ▪ Keeping the chest up and out, lower the same-side elbow to the heel of your forward leg. ▪ In the bottom position, squeeze the glute of the trailing leg and drive the hip towards the ground. ▪ Push your hips back and up, keeping your hands on the ground. ▪ Hold for a count of one-one-thousand, and then return to the starting position.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Maintain neutral spine as much as possible and do not allow your back to round. ▪ Keep the chest up and out. ▪ Make sure to take long strides to lengthen the adductors.