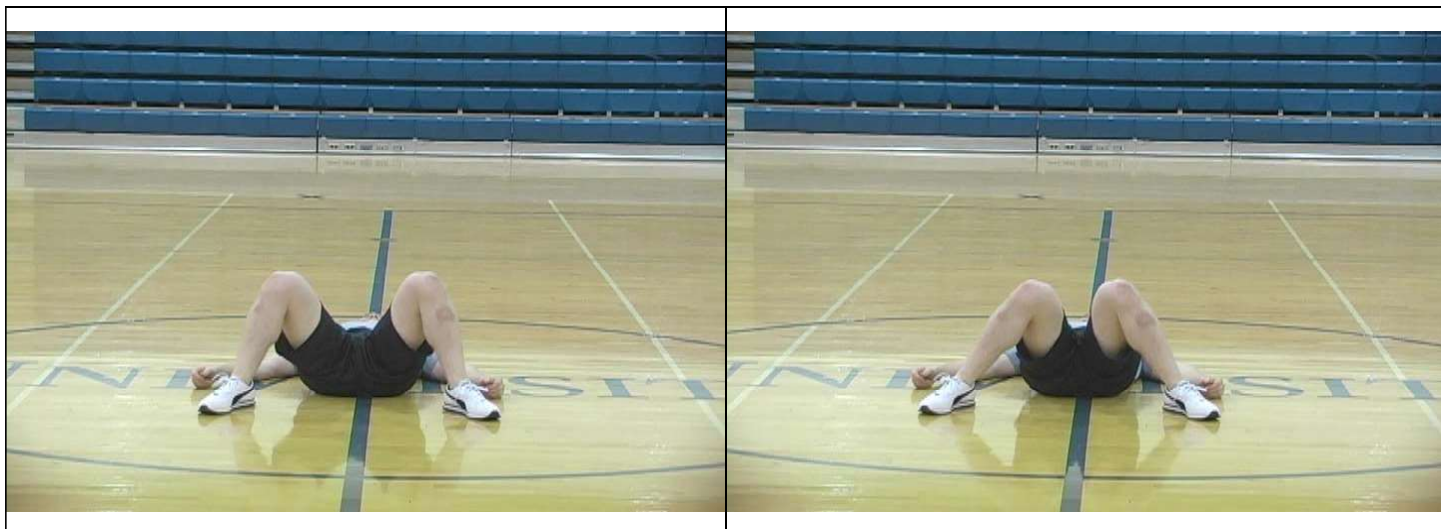


7.1 – LYING KNEE-TO-KNEE PULL-INS



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve hip internal rotation mobility which are caused by muscular restrictions.
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Lie on your back with your knees bent and feet flat on the floor. Exaggerate the width between your feet.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ From the starting position, think about trying to touch your knees together while keeping your feet on the floor. ▪ Hold for a two count, and then return to the starting position.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Don't worry if your feet are totally flat on the ground; as long as you're getting a stretch in the hip region, it's not a big deal.