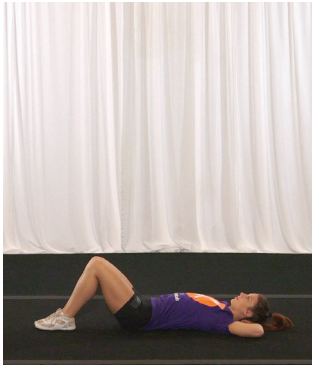


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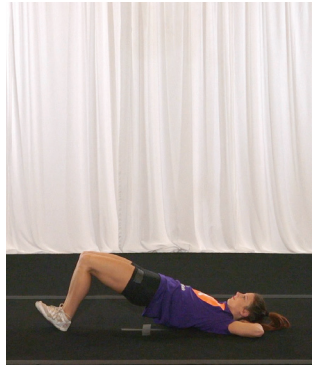
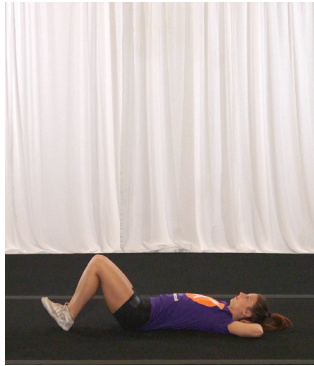
Two Leg Hamstring Holds

Drill Skill Module - Lower Body Conditioning

Start Position



End Position



- 1 Athlete lies on their back with bent knees pulling their toes to the ceiling and leaving only their heels touching floor.
- 2 Athlete engages core by pulling belly button to their back and squeezing hips.
- 3 Now athlete will lift hips off the ground arriving at a straight line from the shoulders to hips, to knees.
- 4 Hold this position for 30 seconds. Work up to one minute.

This is an exercise for the hamstrings - the back of your thighs.

Supplies / Aids:

Video

Equipment Needed:

None Required

Notes:

Tips & Tricks

- 1 Do not let them arch.
See who can hold it the longest.

