





## Costa Performance Hamstring Flexibility

Exercise	Reference	Reps
1. Front to Back Leg Swings		2x10 Each
2. Side to Side Leg Swings		2x10 Each
3. Straight Leg March		<a href="#">2x10 Each</a>
4. Hand Walks		1x10
5. Up Dog/Down Dog		1x 10 E (hold 5 sec ea)
6. Assisted Hamstring Stretch		Hold 3 sec, relax 3 sec x 10 reps
7. Hurdle Stretch		Hold 3 sec, relax 3 sec x 10 reps
8. Assisted Medial Hamstring Stretch		Hold 3 sec, relax 3 sec x 10 reps