



## Dynamic Hamstrings

### Purpose:

This is a great exercises to increase the length and flexibility of your hamstring.

### Benefit:

Improved hamstrings leads to improved address posture and spine stability in your golf swing

### Instructions:

Start by lying flat on your back with your legs extended. Bring your left knee up towards your chest until your thigh is perpendicular to the floor. Grab your left thigh with both hands to help stabilize your leg and try to extend your left leg completely from the knee. Make sure your right leg stays extended and your left thigh stays perpendicular to the floor. Repeat on both sides.

### Quantity:

Do \_\_\_\_\_ reps \_\_\_\_\_ sets on \_\_\_\_\_ side(s).

