

**KNEE FLEXIBILITY ROUTINE
(ADAPTED FROM KNEES OVER TOES GUY)**

KOT: <https://www.youtube.com/watch?v=UzczU-lhu0w&t=452s>

1. Backwards walk 10 min OR Sled Pull or Squated Cable walk out and Back



2. Deep knee split Squat



How To:

- Do this on a raised surface (eventually doing this on flat surface)
- The front leg is deeply bent at the knee, **GOING PAST** a 90-degree angle.
- The back leg is extended far behind, back foot is untucked, torso is straight

3. Rear-Foot-Elevated Hip Flexor Stretch 1 x 1 min. per side



4. Pointing toe bend , best to do on a raised platform. Stepup 3 to 6 sets x 15 to 25 reps per side



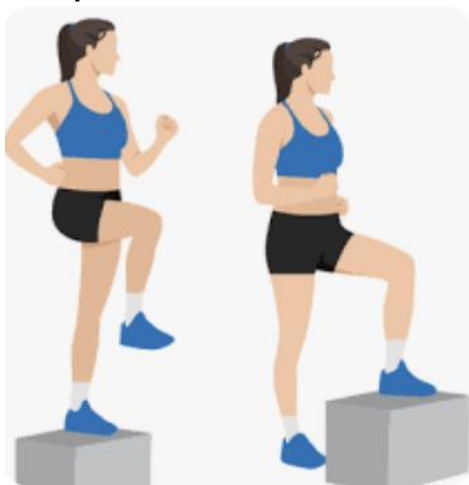
5. Alt Tibialis and Calf Raise 3 to 4 sets x 15 to 20 reps



Can do seated with weights



6. Hip Flexor Lift 3 to 4 sets x 20 reps per side (step up)



7. VMO Squat 3 to 6 sets x 15 to 20 reps (resistance band or dumbbells)



8. Seated Good mornings



9. Ultimate Goal is to do NORDIC HAMSTRING CURL can also use Smith Machine

