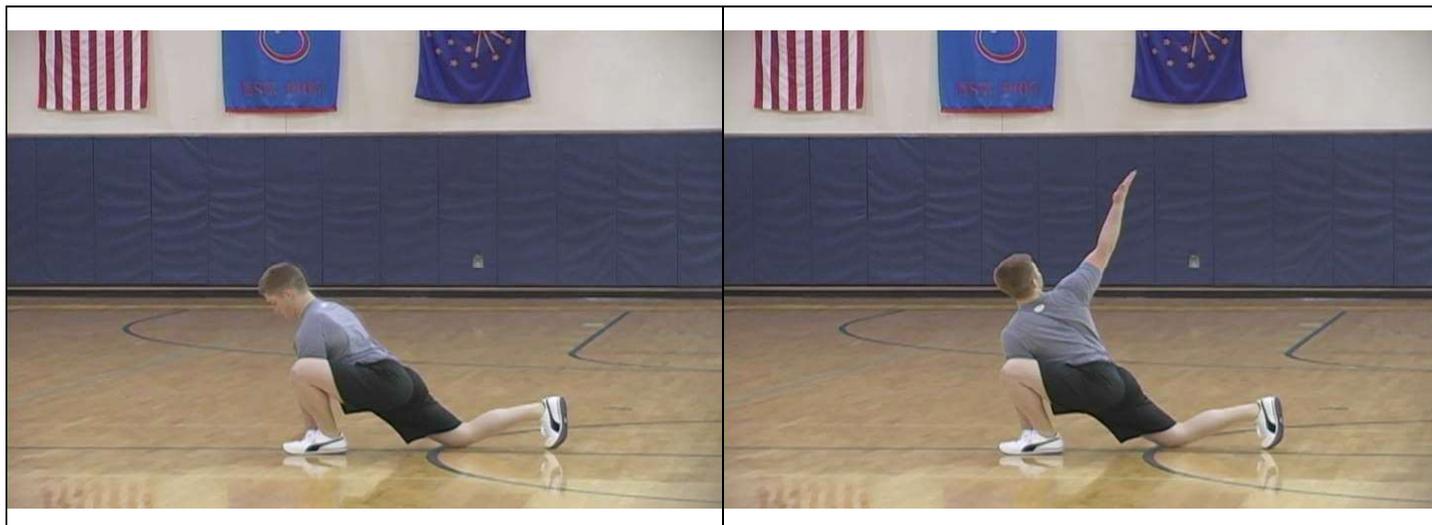


#### 4.5 – WALKING SPIDERMAN WITH ONE-ARM OVERHEAD REACH



<p><b><u>Purpose</u></b></p>	<ul style="list-style-type: none"> <li>▪ To improve the length of the hip flexors, adductors and hamstrings.</li> <li>▪ To incorporate thoracic spine rotation.</li> </ul>
<p><b><u>Set-up</u></b></p>	<ul style="list-style-type: none"> <li>▪ Stand with your feet together and chest up and out.</li> </ul>
<p><b><u>Performance</u></b></p>	<ul style="list-style-type: none"> <li>▪ Take a long stride forward into a lunge position.</li> <li>▪ Keeping the chest up and out, lower the same-side elbow to the heel of your forward leg.</li> <li>▪ In the bottom position, squeeze the glute of the trailing leg and drive the hip towards the ground.</li> <li>▪ Reach to the sky with the arm opposite your down leg</li> <li>▪ Hold for a count of one-one-thousand, and then return to the starting position.</li> </ul>
<p><b><u>Coaching Points</u></b></p>	<ul style="list-style-type: none"> <li>▪ Maintain neutral spine throughout and do not allow your back to round.</li> <li>▪ Keep the chest up and out.</li> <li>▪ Make sure to take long strides to lengthen the adductors.</li> </ul>