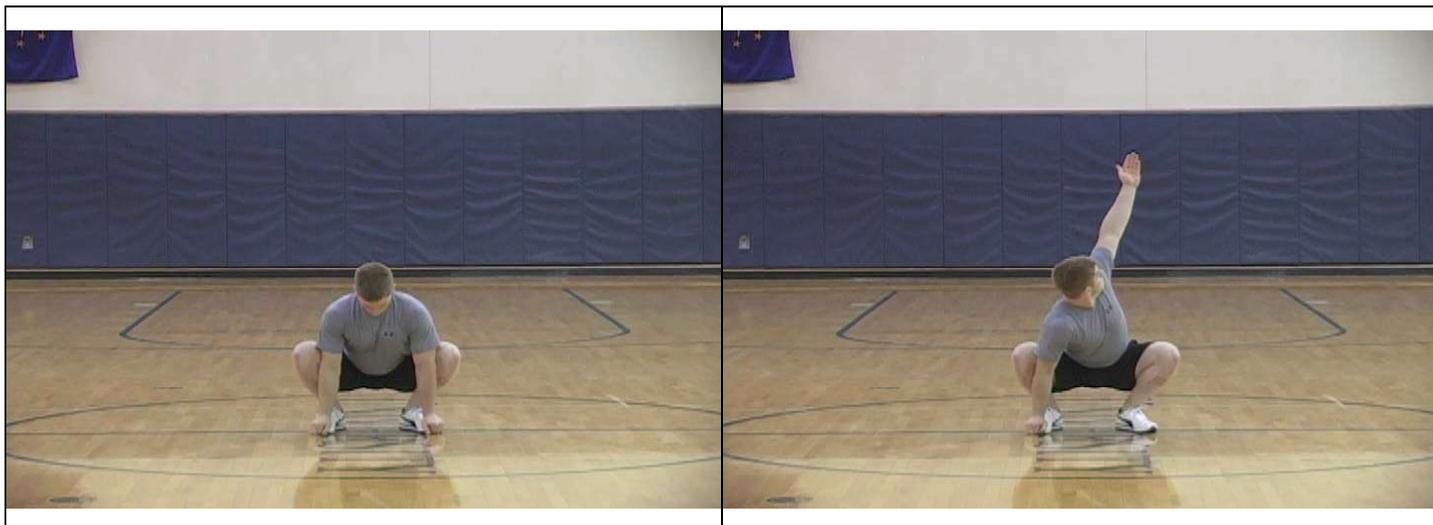


13.5 – SQUAT-TO-STAND WITH EXTENSION-ROTATION



<p><u>Purpose</u></p>	<ul style="list-style-type: none"> ▪ To improve extension and rotation in the thoracic spine. ▪ To integrate thoracic spine mobility with hip mobility
<p><u>Set-up</u></p>	<ul style="list-style-type: none"> ▪ Set-up with your feet in a slightly wider than shoulder-width stance.
<p><u>Performance</u></p>	<ul style="list-style-type: none"> ▪ Bend over to grab the bottom of your feet, and then “pull” yourself into a deep squat position. ▪ As you move into the bottom position, focus on forcing the chest up, pushing the knees out, and keeping the heels down. ▪ Keep your right hand under your foot but raise your left hand up overhead, following it with your eyes. Hold for a count of one-one-thousand. ▪ Bring the left hand back under the left foot, and then repeat on the right side. ▪ From the bottom position, raise the hips back up without letting go of your feet. ▪ Hold this hamstring stretch for a count of one-one-thousand, and then pull yourself back down into the deep squat position.
<p><u>Coaching Points</u></p>	<ul style="list-style-type: none"> ▪ Do not set-up with the arms outside the knees. ▪ Focus on keeping the chest up and knees out throughout. ▪ Don't rush through the movement! Hold the bottom of the squat, the left hand up position, the right hand up position, and the hamstrings stretch for a count of one-one-thousand <u>each</u>.