

## Soccer Player? Do you have Hamstring Tightness or Pain?



Check out our  
**TOP 3 Easy  
Hamstring  
Exercises**  
to Lessen Tightness  
and Reduce Pain for  
**Soccer  
Players**



### 1) Heel Kicks or Butt Kicks – Dynamic Warm-Up



Active Buttock Kicks for 2-3 min. to warm-up Hamstrings Before game – while jogging.

### 2) Dynamic Stretching – Long Leg Kicks



Long leg kicks with opposite arm touch toe. Repeat 2-3 minutes alternating legs/arms. Dynamic stretch of hamstrings before game.

### 3) Passive Hamstring Stretching – after game or at home

Hold 30-60 seconds for 2-3 reps each side. Keep back straight and face forward toward foot. Feel gentle pull in the back of thigh with knee slightly bent.



For more info & to view Body Work's **educational videos**, please visit our website.

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