



Welcome to this week's edition of Performance Matters. Last week, we began to discuss some of the very best drills to use for the pregame/practice warm up. This week, we'll be going over one of my personal favorites, "**The World's Greatest Stretch**". This drill really hits three key areas that we aim to mobilize. The ankles, hips, and thoracic part of the spine.



How to perform (4 steps):

1) Step forward with your left leg and lower your body into a lunge. As you go down, place your right hand on the floor so it's even with your left foot. Your right knee should remain above the floor—not touching.

2) Now move your left elbow inside your left foot and rest it on the floor. Square your hips so you feel a stretch on both sides and try to keep your back as flat as possible.

3) Move your left hand outside your left foot and twist to reach for the sky. Follow your hand with your eyes throughout the entire range of motion.

4) Step forward and repeat on the right side.

Perform this dynamic drill for a minimum of 20 (10 each side) steps.

To see the drill on video and in real time, hit the link here
<https://www.instagram.com/franusfitness/?hl=en>.

I encourage you to give this drill a go during your next pregame or practice warm up. Please feel free to contact me with any questions or comments at Keith@FranusFitness.com.

Be great in all that you do this weekend!

Faithfully Fit,

Keith Franus