LIZARD

The Lizard movement aims to stretch the hip flexors of the back leg, primarily. However stretches can be felt around the front leg hamstring and glutes as well.

Technical points:

Begin in a pressup position (abdominal muscles activated, wrists under the shoulders etc) and step forward with the right foot to the outside of the right hand. Keep the right heel on the ground and place it as far forward as you are able to without injuring yourself.

If you can, align the right foot with the right hand with the heel on the ground. The left leg is almost straight stretched out behind, without touching the ground.

Ensure your back is straight and you look forwards.

Walk forwards with your hands (about 4 steps to make room for the back leg) and step forward with the left foot. The left knee and foot land outside the left hand and aligned (if you can) with the left hand. Left heel is on the ground.

As you step forward ensure the front foot stays on the ground for as long as possible with the toes pointing forward, before the heel lifts off the ground.

As you step forward keep moving your hands, taking 4 or even 5 steps with the hands. The back leg needs a lot of room.

Fig 96: Lizard shows the movement from the side and front on the same side.



[Fig 96: Lizard]

As you walk keep your hips as low as you can throughout the movement, your front toes pointing forwards and walk with your hands as much as you need to make room for the back leg to come through.

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Keep" lizarding" and try to create an uninterrupted, fluid movement as you move from one side to the other

Benefits:

Stretching hips flexors of the back leg primarily, as well as the glutes and hamstrings of the front leg secondarily.

Strengthening core muscles and improving co-ordination and agility.

Improving ankle mobility in dorsiflexion, especially if the front foot points forward. When you move you should do so by rolling over the front of the ankle.

Mobilising hip joint.

This is the counter stretch to the Pigeon.

Common errors and/or weaknesses to be aware of:

- Not walking forwards enough with the hands, ending up with either the back leg bent too much, the front heel off the ground, hips high in the air or moving the back leg backward.
- Front heel off the ground.
- Front toes/foot turn(s) out before stepping. This is a good ankle mobility exercises if the toes are pointed forward and the heel stays on the ground for as long as possible. Attention not to lift the hips too high while attempting to keep the heel on the ground.
- Hips come up too high so the stretch is reduced or not at all.

Notes:

Can be used as a dynamic stretching exercise as well as static stretch.

Can be performed forwards as well as backwards.

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