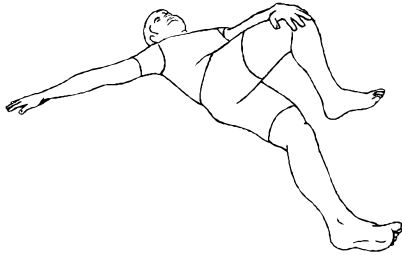
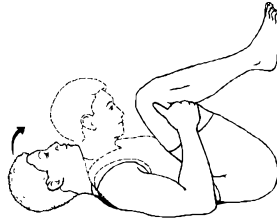


HIP OBLIQUE - 6 External Rotators



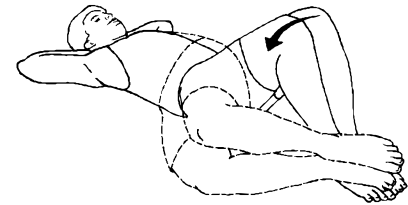
Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold 30 seconds. Repeat with other leg. Repeat 2-3 times. Do 1 sessions per day.

LOWER BACK - 2 Extensors / Gluteal



Bring both knees to chest and hold. For more stretch, bring head to knees and hold. Hold 30 seconds. Repeat 2-3 times. Do 1 sessions per day.

LOWER BACK - 7 Lumbar Rotators

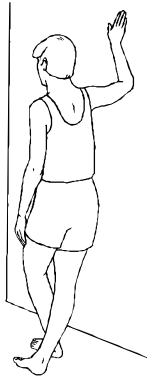


Keeping back flat and feet together, rotate knees to one side. Hold 2-3 seconds. Repeat to other side. Repeat 10 times. Do 1 sessions per day.

HIP OBLIQUE - 9 Iliotibial Band

Cross right leg behind the left. Lean right hip toward wall while bending left knee and keeping right knee straight. Hold 30 seconds. Repeat with left leg behind right.

For a variation of this stretch, cross right leg *in front* of the left leg.



Repeat 2-3 times. Do 1 sessions per day.

HAMSTRINGS - 8 Forward Bend, Elevated

With foot on chair or stool, lean forward from the hips (minimize rounding of back to increase hamstring stretch) until stretch is felt. Hold 30 seconds. For more stretch, place foot on higher plane.



Repeat 2-3 times. Do 1 sessions per day.

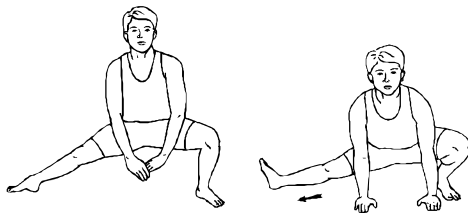
GROIN - 3 Thigh Adductors

Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold 30 seconds.



Repeat 2-3 times. Do 1 sessions per day.

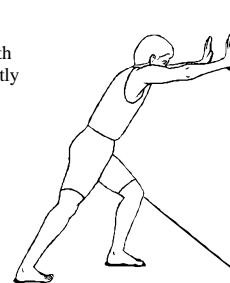
GROIN - 5 Thigh Adductors



From beginning position, slide foot further to side until stretch is felt. Hold 2-3 seconds. Repeat to other side. Repeat 10 times. Do 1 sessions per day.

LOWER LEG - 8 Gastroc

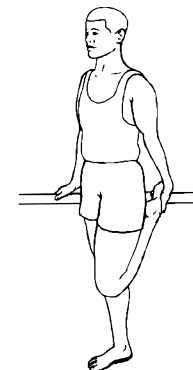
Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 30 seconds. Repeat with other leg.



Repeat 2-3 times. Do 1 sessions per day.

UPPER LEG - 2 Quadriceps

Pull heel toward buttocks until stretch is felt in front of thigh. Hold 30 seconds. Repeat with other heel.



Repeat 2-3 times. Do 1 sessions per day.