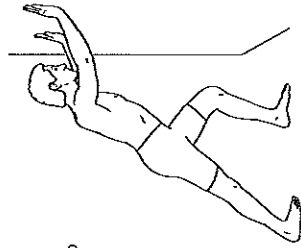


ANKLE / FOOT - 14 Gastroc Stretch

Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold at least 30 seconds. Repeat with left leg.

*Note: For best stretch, be sure the foot on your back leg is pointing STRAIGHT at the wall.

Repeat 1 times per set.

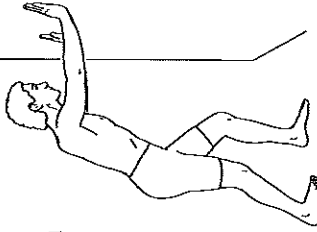


ANKLE / FOOT - 13 Soleus Stretch

Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold at least 30 seconds. Repeat with the left leg.

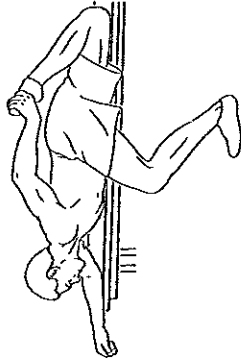
*Note: For best stretch, keep foot on back leg pointed STRAIGHT at the wall.

Repeat 1-2 times per set.



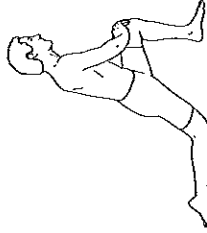
HIP / KNEE - 69 Stretching: Quadriceps - Advanced

Lie along edge of table, right knee bent up, other foot on floor. Using hand or belt, pull heel toward buttock. Hold at least 30 seconds. Relax. Repeat with left leg. Repeat 1-2 times per set.



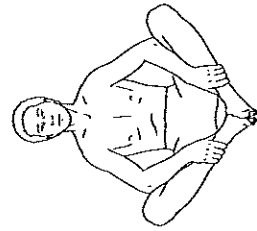
HIP / KNEE - 34 Stretching: Hip Flexor

Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold at least 30 seconds. Repeat left leg. Repeat 1-2 times. Do 1 sessions per day.



HIP / KNEE - 52 Stretching: Inner Thigh / Groin

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh. Hold at least 30 seconds.



Repeat times per set.
Do sets per session.
Do sessions per day.

HIP / KNEE - 67 Stretching: Iliotibial Band

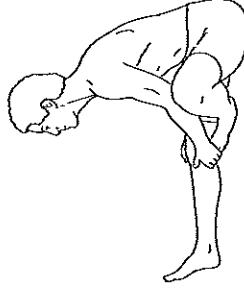
Cross right leg behind other leg. Bend at waist, reaching toward floor. Hold at least 30 seconds. Relax. Repeat with left leg.



Repeat 1-2 times per set.

HIP / KNEE - 40 Stretching: Hamstring (Sitting)

With right leg straight, tuck other foot near groin. Reach down until stretch is felt in back of thigh. Keep back straight. Hold at least 30 seconds. Repeat 1-2 times per set.



BACK - 54 Lumbar Rotation Stretch

Lie on back with left knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area. Hold at least 30 seconds. Repeat with right leg. Repeat 2-3 times per set. Do sets per session. Do sessions per day.

