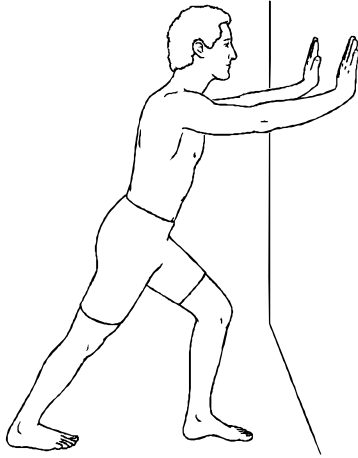


HIP / KNEE - 41 Stretching: Gastroc

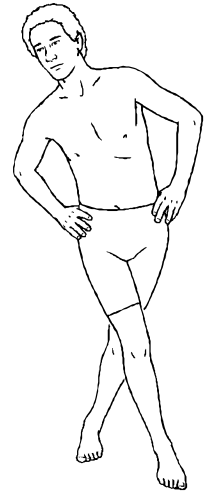
Stand with one foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 10-20 seconds.



Repeat 4 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

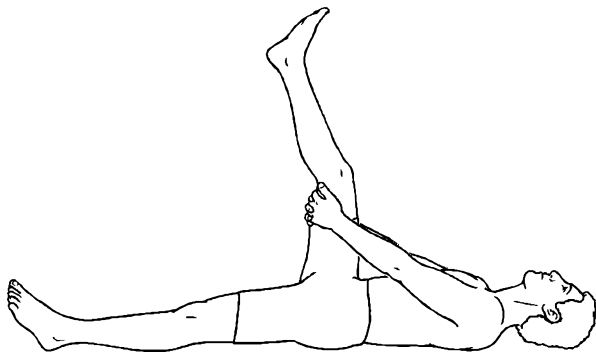
HIP / KNEE - 36 Stretching: Tensor

Cross one leg over the other, then lean to same side until stretch is felt on other hip. Hold 10-20 seconds.



Repeat 4 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

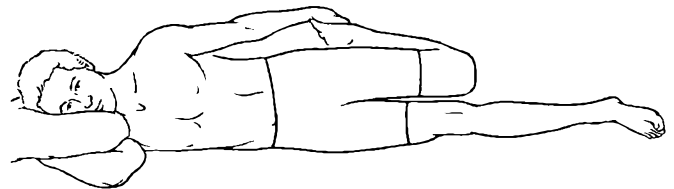
HIP / KNEE - 38 Stretching: Hamstring (Supine)



Support the thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 10-20 seconds.

Repeat 4 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

BACK - 32 Quadriceps Stretch

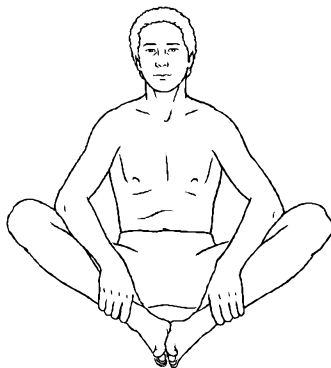


Pull the heel in toward buttocks until a comfortable stretch is felt in front of thigh. Hold 10-20 seconds.

Repeat 4 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

HIP / KNEE - 32 Stretching: Inner Thigh / Groin

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh. Hold 10-20 seconds.



Repeat 4 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.