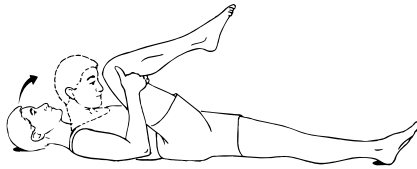


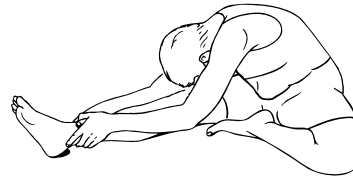


LOWER BACK - 1 Extensors / Gluteal



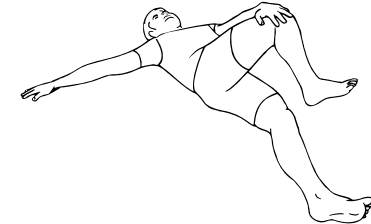
Bring knee to chest and hold. For more stretch, bring head to knee and hold. Hold 60 seconds. Repeat with other knee. Repeat 3 times. Do 1 sessions per day.

HAMSTRINGS - 3 Head to Knee



With hands on ankle, pull head toward knee and hold 90 seconds. Repeat with other leg. Repeat 3 times. Do 1 sessions per day.

HIP OBLIQUE - 6 External Rotators



Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold 60 seconds. Repeat with other leg. Repeat 3 times. Do 1 sessions per day.

GROIN - 3 Thigh Adductors

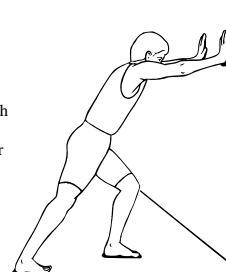
Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold 30 seconds.



Repeat 3 times. Do 1 sessions per day.

LOWER LEG - 8 Gastroc

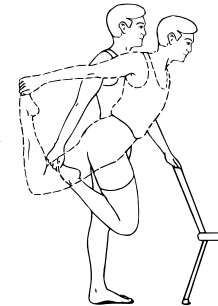
Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 30 seconds. Repeat with other leg.



Repeat 3 times. Do 1 sessions per day.

UPPER LEG - 6 Quadriceps

From starting position, raise leg until stretch is felt. Hold 90 seconds. Repeat with other leg.



Repeat 3 times. Do 1 sessions per day.

ARMS - 8 Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 30 seconds.



Repeat 3 times. Do 1 sessions per day.

NECK - 6 Rotators

Turn head slowly to look over one shoulder. Hold 30 seconds. Repeat toward other shoulder.



Repeat 3 times. Do 1 sessions per day.