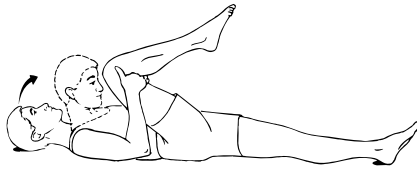




LOWER BACK - 1 Extensors / Gluteal

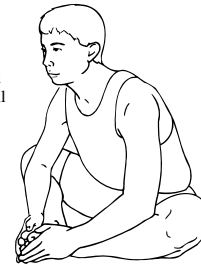


Bring knee to chest and hold. For more stretch, bring head to knee and hold. Hold \_\_\_\_ seconds. Repeat with other knee.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

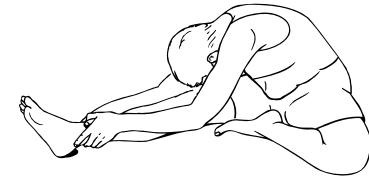
GROIN - 3 Thigh Adductors

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

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

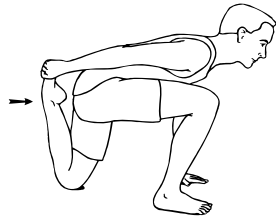


HAMSTRINGS - 3 Head to Knee



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

UPPER LEG - 4 Quadriceps

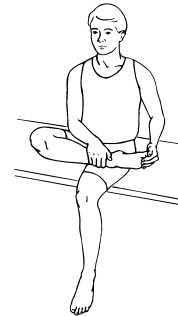


Holding left foot with right hand, pull foot toward buttocks until stretch is felt. Hold \_\_\_\_ seconds. Repeat with other hand and foot.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

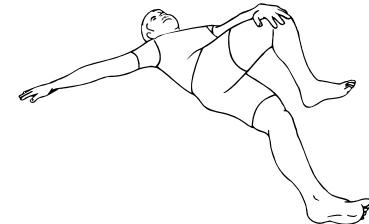
LOWER LEG - 3 Ankle - Dorsiflexion / Toe Extensors

Grasping top portion of foot, pull foot back until stretch is felt. Hold \_\_\_\_ seconds. Repeat with other foot.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



HIP OBLIQUE - 6 External Rotators

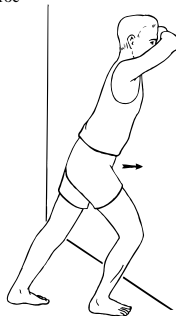


Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold \_\_\_\_ seconds. Repeat with other leg.  
Repeat \_\_\_\_ times. Do \_\_\_\_ sessions per day.

LOWER LEG - 9 Achilles / Gastroc

With back leg straight, move hips forward until stretch is felt. Hold \_\_\_\_ seconds. Repeat with other leg.

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



UPPER LEG - 6 Quadriceps

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

Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

