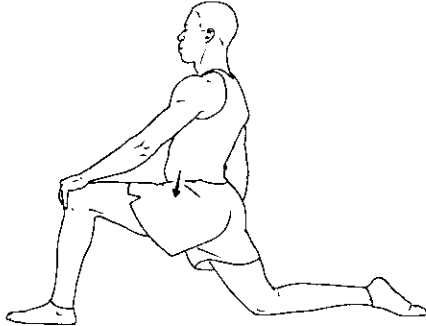


HIP FLEXORS / QUADS - 15 Quads / HF, Lunge

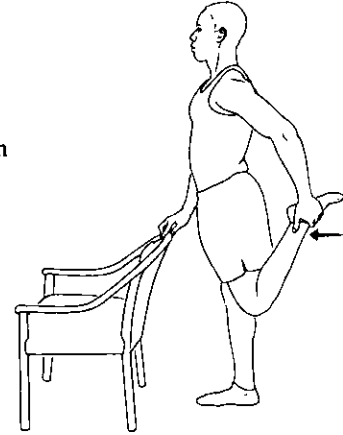


Kneel in deep lunge, behind leg on floor. Push pelvis down slowly while slightly arching back until stretch is felt on front of hip. Hold 30 seconds.

Repeat 5 times per session.

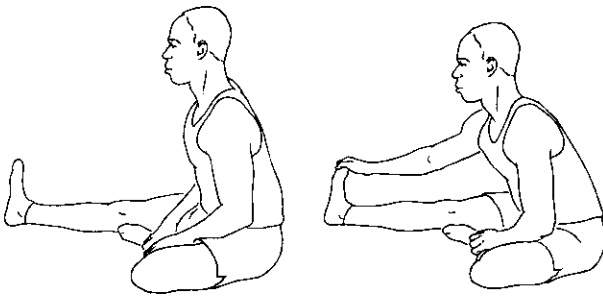
HIP FLEXORS / QUADS - 19 Quads / HF, Standing

Stand, holding onto chair and grasping one foot with same-side hand. Pull heel toward buttock. Hold 30 seconds.



Repeat 5 times per session.

HAMSTRING - 15 Sitting: Unilateral

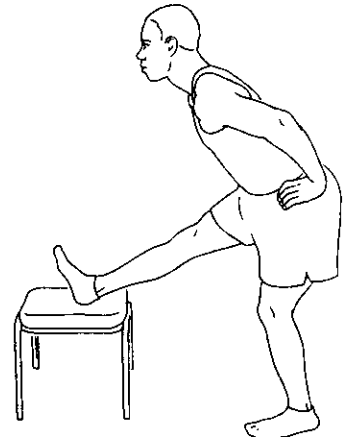


Sit, one leg straight, other bent with foot tucked into inner thigh. Reach hand toward toes. Keep back straight. Hold 10 seconds.

Repeat 10 times per session.

HAMSTRING - 28 Standing: Unilateral

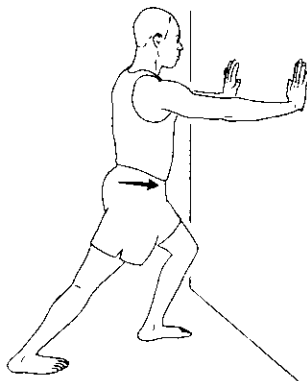
Stand, one heel on stool, leg straight, standing leg slightly bent. Slowly lean forward, keeping back straight. Hold 30 seconds.



Repeat 5 times per session.

CALVES / HEELS / FEET - 24 Gastroc, Standing

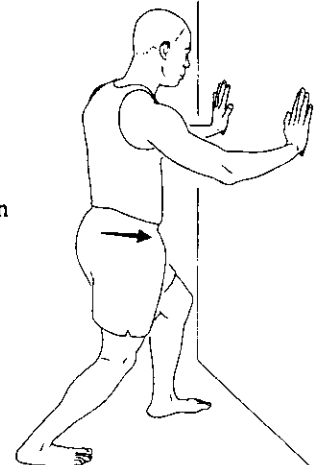
Stand, right foot behind, heel on floor and turned slightly out, leg straight, forward leg bent. Keeping arms straight, push pelvis forward until stretch is felt in calf. Hold 30 seconds.



Repeat 5 times per session.

CALVES / HEELS / FEET - 26 Soleus, Standing

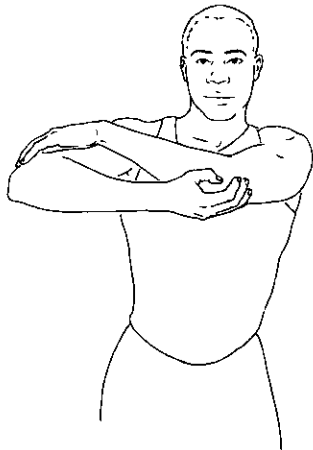
Stand, right foot behind, heel on floor and turned slightly out, both knees bent. Lean into wall until stretch is felt in lower calf. Hold 30 seconds.



Repeat 5 times per session.

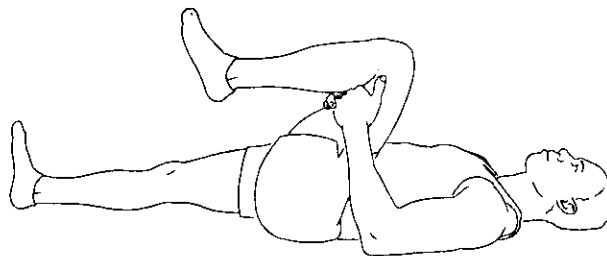
UPPER-MID BACK - 9 Scapular Retractors
 Standing

Stand, arms crossed at shoulder height, one hand holding other elbow. Slowly pull toward body. A slight stretch should be felt behind shoulder and into back. Hold 10 seconds.



Repeat 10 times per session.

LOW BACK - 9 Supine Knee-to-Chest, Unilateral

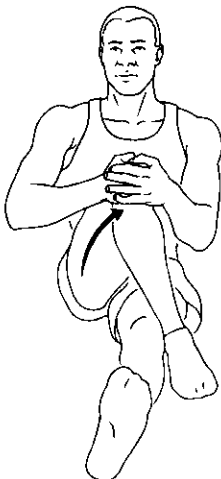


Lie on back, hands clasped behind one knee. Pull knee in toward chest until a comfortable stretch is felt in lower back and buttocks. Hold 10 seconds.

Repeat 10 times per session.

HIP - 23 Extensors / Rotators, Sitting

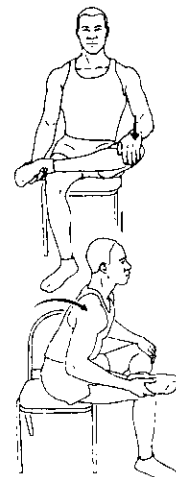
Sit, back straight, one leg crossed over other leg. Keep bottom leg straight, foot flexed. Pull knee across body toward opposite shoulder. Hold 10 seconds.



Repeat 10 times per session.

HIP - 36 Piriformis Stretch, Sitting

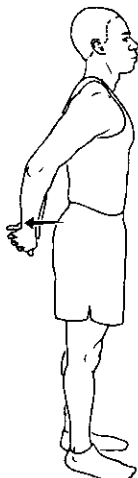
Sit, one ankle on opposite knee, same-side hand on crossed knee. Push down on knee, keeping spine straight. Lean torso forward, with flat back, until tension is felt in hamstrings and gluteals of crossed-leg side. Hold 30 seconds.



Repeat 5 times per session.

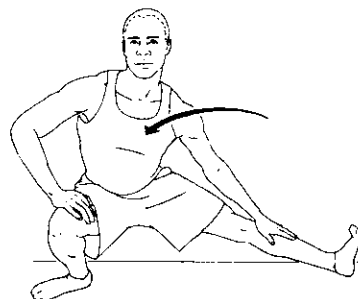
CHEST - 1 Pectoral Stretch, Standing

Stand, hands clasped behind back. Lift hands away from back. Hold 10 seconds.



Repeat 10 times per session.

GROIN - 13 Adductor Side Lunge



Shift weight to one leg in a side lunge, keeping other leg straight, supporting weight with arms. Drop hips, keeping knee from turning in, and slide other foot further to side. Hold 10 seconds.

Repeat 10 times per session.