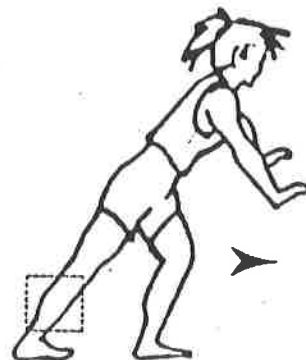


STRETCHING EXERCISES

1. GASTROCNEMIUS (CALF)

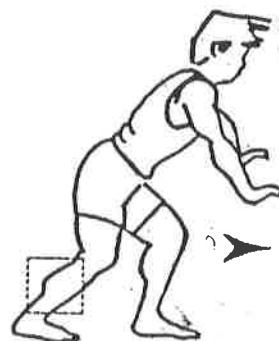
- ▶ EACH EXERCISE SHOULD BE HELD FOR 20 SECONDS FOLLOWED BY A 5-SECOND RELAXATION PERIOD.
- ▶ EACH EXERCISES SHOULD BE DONE AT LEAST 5 TIMES.
- ▶ DO THIS ROUTINE ONCE A DAY OR AS SPECIFIED.

LEAN AGAINST A WALL WITH YOUR BACK LEG STRAIGHT AND YOUR FRONT LEG SLIGHTLY BENT. KEEP YOUR BACK HEEL ON THE FLOOR AND LEAN PROGRESSIVELY CLOSER TO THE WALL UNTIL YOU CAN FEEL THE STRETCH IN YOUR CALF. REPEAT WITH OTHER LEG.



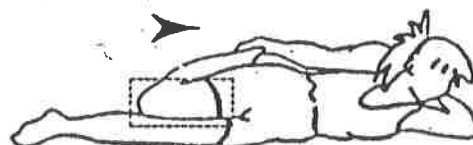
2. SOLEUS (CALF)

REPEAT #1, BUT KEEP BACK LEG SLIGHTLY BENT.



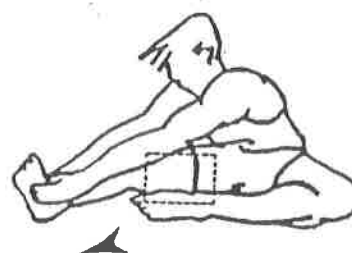
3. QUADRICEPS (FRONT OF THIGH)

LYING ON YOUR SIDE, REACH BACK AND GRAB YOUR UPPER FOOT AND PULL IT UP TOWARD YOUR BUTTOCKS. REPEAT WITH OTHER LEG WHILE ON YOUR OTHER SIDE. KEEP YOUR KNEES TOGETHER.



4. HAMSTRINGS (BACK OF THIGH)

SITTING, BRING THE SOLE OF YOUR BENT LEG TO THE INNER THIGH OF YOUR STRAIGHT LEG. LEAN FORWARD AND GRASP THE ANKLE OF YOUR STRAIGHT LEG WITH BOTH HANDS. KEEPING THE LEG STRAIGHT, PULL YOUR UPPER BODY DOWN TOWARD YOUR FEET.



STRETCHING EXERCISES, Continued

5. HIP FLEXORS (FRONT OF HIP)

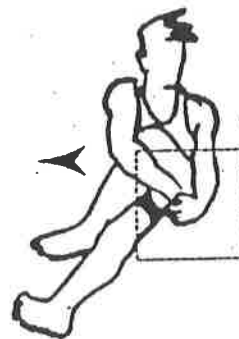
MOVE YOUR HIP FORWARD, KEEPING THE UPPER BODY STRAIGHT UP AND THE BACK LEG STRETCHED OUT. FEEL THE TIGHTENING IN THE HIP AND HOLD THE POSITION. THE STRETCH CAN BE ACCENTUATED BY PUTTING THE BACK KNEE ON THE GROUND. KEEP THE FRONT KNEE DIRECTLY ABOVE THE FOOT.

- ▶ DON'T KEEP THE FRONT KNEE AT SUCH AN ANGLE THAT IT IS IN FRONT OF THE ANKLE, SINCE THIS HINDERS THE REAL STRETCH IN THE HIP.



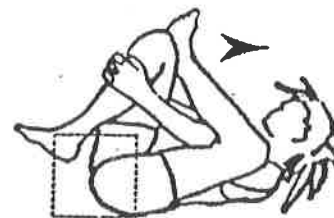
6. GLUTEALS AND HIP

SITTING, BEND ONE LEG AND CROSS IT OVER THE OTHER LEG WHICH IS EITHER STRAIGHT OR LYING ON ITS SIDE BENT AT 90°. PUSH THE OPPOSITE ELBOW AGAINST YOUR BENT KNEE AND FORCE BUTTOCKS TO TABLE.



7. GLUTEUS MAXIMUS (BUTTOCKS)

LYING ON YOUR BACK WITH BOTH KNEES BENT, CROSS THE LEFT LEG OVER THE RIGHT. USING BOTH HANDS PULL YOUR RIGHT KNEE TOWARD YOUR CHEST. YOU SHOULD FEEL A STRETCH IN THE BUTTOCKS ON YOUR LEFT SIDE. REPEAT ON OPPOSITE SIDE.



8. HIP ADDUCTORS (GROIN)

SITTING, BEND BOTH LEGS AND PUT THE SOLES OF YOUR FEET TOGETHER. GRAB YOUR FEET WITH BOTH HANDS. WITH YOUR ELBOWS, PUSH OUT AGAINST THE INSIDES OF YOUR KNEES.

