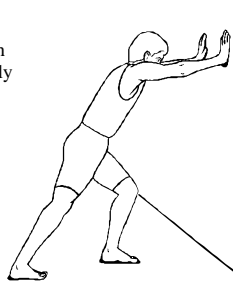


LOWER LEG - 5 Gastroc

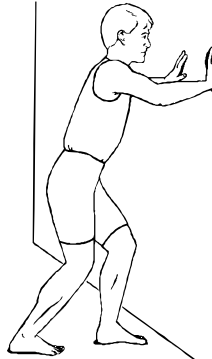
Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 30 seconds. Repeat with other leg.



Repeat 3 times.
Do 1 sessions per day.

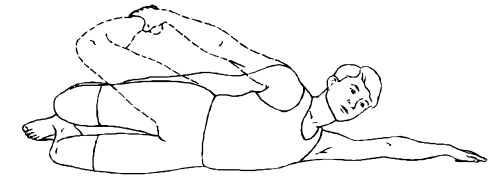
LOWER LEG - 4 Soleus

Keep back leg slightly bent, with heel on floor. Lean into wall until a stretch is felt in calf. Hold 30 seconds. Repeat with other leg.



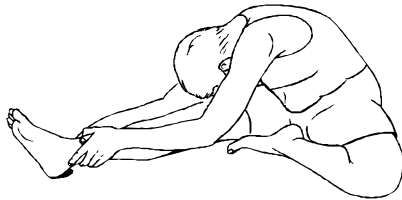
Repeat 3 times.
Do 1 sessions per day.

UPPER LEG - 3 Quadriceps



Holding one foot with same-side hand, raise leg until stretch is felt. Hold 30 seconds. Repeat with other side. Repeat 3 times. Do 1 sessions per day.

HAMSTRINGS - 3 Head to Knee



With hands on ankle, pull head toward knee and hold 30 seconds. Repeat with other leg. Repeat 3 times. Do 1 sessions per day.

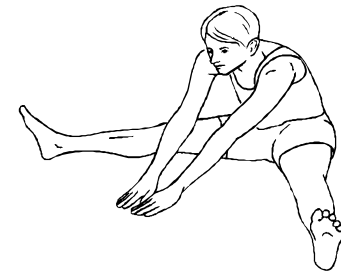
GROIN - 3 Thigh Adductors

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



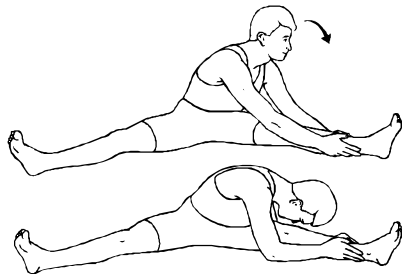
Repeat 3 times.
Do 1 sessions per day.

GROIN - 4 Thigh Adductors



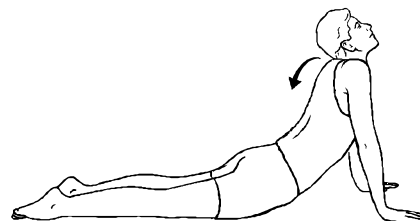
With legs apart, slide hands forward until stretch is felt. Hold 30 seconds. Repeat 3-4 times. Do 1 sessions per day.

HAMSTRINGS - 6 Side Bend



With feet apart, pull head toward knee until stretch is felt. Hold 30 seconds. Repeat toward other knee. Repeat 3 times. Do 1 sessions per day.

CHEST AND ABDOMEN - 2 Abdominals



Push upper torso back with arms until stretch is felt, and hold. Tilt head as far back as possible. Hold 20 seconds. Repeat 3 times. Do 1 sessions per day.

UPPER BACK - 2 Upper and Mid Extensors



Slide hands forward and buttocks back. Hold 30 seconds. Repeat 3 times. Do 1 sessions per day.