

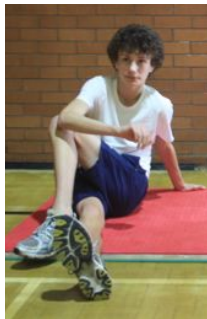
QUADRICEPTS STRETCH

From a standing position lift one foot up toward the buttock by flexing the knee. Hold the foot in place and feel the stretch in the front of the thigh.



PIRIFORMIS STRETCH

One leg straight, cross the other over, place elbow (same side as straight leg) outside bent knee. Gently push the knee across the body.



GLUTEAL STRETCH

Lie on back, cross one leg over the other (ankle resting over the knee). Lift the foot off the ground and pull the knee toward the head. At the same time lift the head slightly and tighten the abdominal muscles.



HAMSTRING STRETCH

Sit with one leg extended and the other leg flexed so the foot rests on the inside of the thigh. Lean forward with the trunk and slide hands down the extended leg.



HIP FLEXOR STRETCH

Start in an upright kneeling position with one leg forward (knee at right angle). Hold the abdominal muscles tight and tilt the trunk forward. The stretch should be felt through the front of the thigh.



SINGLE-LEG BREASTSTROKE STRETCH

Sit with one leg bent and the other extended. Lean diagonally back, resting bodyweight on the forearms.



BACK EXTENSION

From a fast down position push the shoulder up with both arms while stretching the lower back.



ADDUCTOR STRETCH

Sit with knees bent so the soles of the feet are together. Hands rest on the ankles, use the elbows to push down against the inside of the

