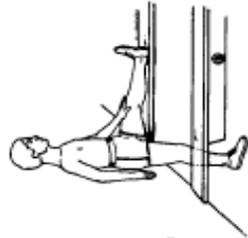


# stretching

## HAMSTRINGS



Lie on back holding leg behind knee. Straighten knee until stretch is felt, keeping opposite leg straight on floor.



Lie on back with leg propped against corner, as shown. Keep opposite leg straight on floor.



With foot on chair/table, lean forward until stretch is felt. For increased stretch, place foot on higher object.

## HIP FLEXORS



Lunge forward as shown with rear leg straight. Press pelvis toward floor. Can be done with torso upright for deeper stretch.



Kneel down as shown. Keeping chest upright, lean whole body forward. Keep glute flexed.

## GLUTES



With left leg over right, bring right arm over left leg. Push left leg across body until stretch is felt. Turn head over left shoulder.

## QUADRICEPS



Stand grasping ankle. Pull ankle up and away from buttock until stretch is felt. Do not lean forward or allow back to arch.



Hold one foot while lying on side. Pull ankle back and away from buttock until stretch is felt. Keep leg parallel to floor.

## CALVES



With rear leg straight and heel on floor, lean in to wall until stretch is felt. Can also be done with rear knee bent.

## IT BAND/MEDIAL GLUTE/PIRIFORMIS



With wall-side foot on ground, cross opposite leg over and lean hip toward wall while keeping wall-side leg straight.



Keeping shoulders flat on floor, pull leg toward floor until stretch is felt.



Stand propping leg on solid, flat surface about hip height. Lean forward from the waist until stretch is felt.

## ADDUCTORS



From beginning position, slide foot further to the side until stretch is felt.

**Post work out recovery: 2-3 sets of 20-30 seconds**  
**Increased range of motion: 2-3 sets of 1.5-2 minutes**