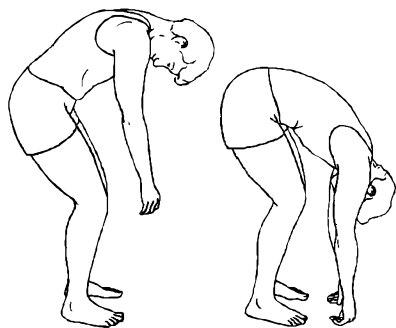


HAMSTRINGS - 5 Forward Bend

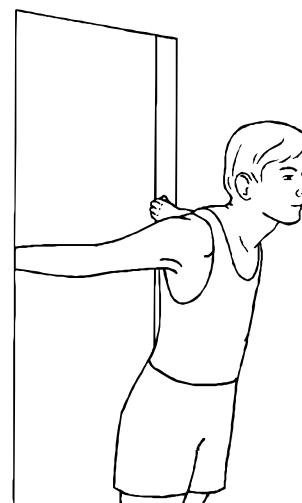


With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold 5 seconds. Bend knees further to return to standing position.

Repeat 10 times. Do \_\_\_\_\_ sessions per day.

CHEST - 3 Pectorals

Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold 5 seconds.



Repeat 10 times.  
Do \_\_\_\_\_ sessions per day.

HIP OBLIQUE - 9 Iliotibial Band

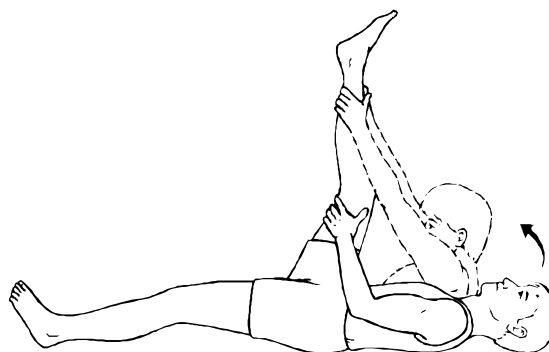
Cross right leg behind the left. Lean right hip toward wall while bending left knee and keeping right knee straight. Hold 5 seconds. Repeat with left leg behind right.

For a variation of this stretch, cross right leg *in front* of the left leg.



Repeat 10 times.  
Do \_\_\_\_\_ sessions per day.

HAMSTRINGS - 7 Leg Raise

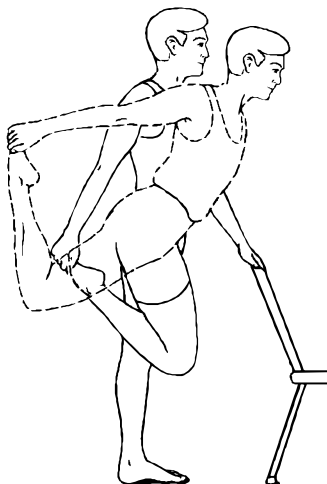


With hand behind knee, pull leg forward until stretch is felt. Hold 5 seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg.

Repeat 10 times. Do \_\_\_\_\_ sessions per day.

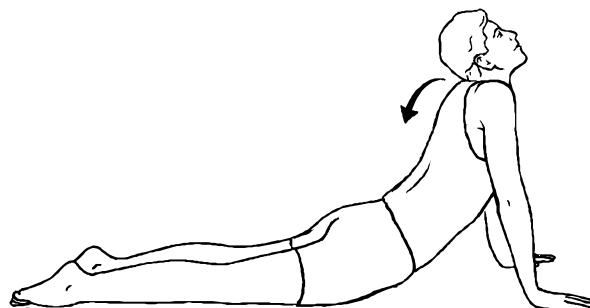
UPPER LEG - 6 Quadriceps

From starting position, raise leg until stretch is felt. Hold 5 seconds. Repeat with other leg.



Repeat 10 times.  
Do \_\_\_\_\_ 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 10 seconds.

Repeat 10 times. Do \_\_\_\_\_ sessions per day.