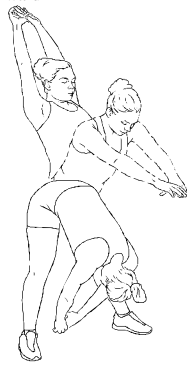


WARM-UP - 1 Forward / Backward

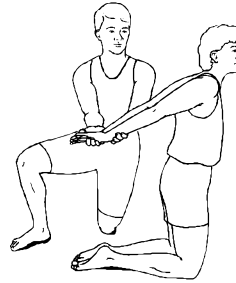
Spread legs wider than shoulders. Stretch hands overhead, slight back arch. Reach between legs as far as possible. Return. Keep movement constant: 2 count down 2 count up. Do not static hold at top or bottom.



Do ____ sets ____ reps.

ARMS - 5 Biceps

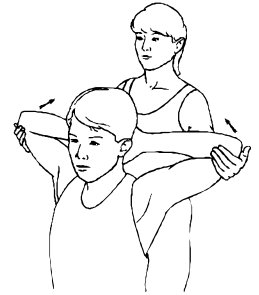
Place arms behind back with hands together as shown. Partner should then raise hands until stretch is felt. Hold ____ seconds.



Repeat ____ times.
 Do ____ sessions per day.

CHEST - 7 Pectorals

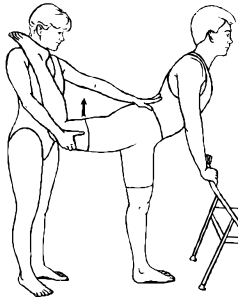
Clasp hands behind head. Have partner pull arms back until stretch is felt. Hold ____ seconds.



Repeat ____ times.
 Do ____ sessions per day.

UPPER LEG - 9 Quadriceps / Rectus Femoris

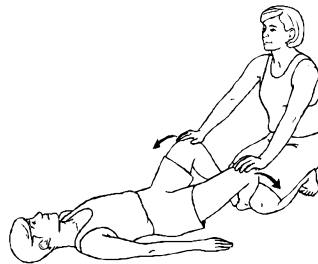
With partner's hands on your back and knee, raise leg until stretch is felt. Hold ____ seconds. Repeat with other leg.



Repeat ____ times.
 Do ____ sessions per day.

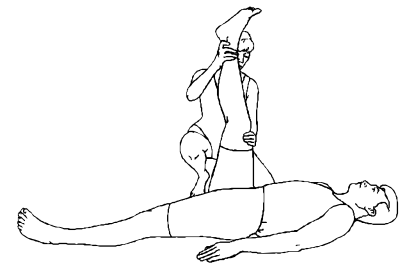
GROIN - 7 Thigh Adductors

With feet together, have partner gently push knees toward floor until stretch is felt. Hold ____ seconds. Repeat ____ times. Do ____ sessions per day.



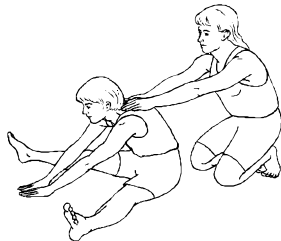
HAMSTRINGS - 10 Leg Raise With Partner

Keeping the leg straight, have partner slowly raise leg until stretch is felt. Hold ____ seconds. Repeat with other leg. Repeat ____ times. Do ____ sessions per day.



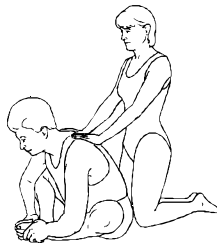
GROIN - 9 Thigh Adductors

With legs apart and arms straight, have partner gently push forward between shoulder blades until stretch is felt. Hold ____ seconds. Repeat ____ times. Do ____ sessions per day.



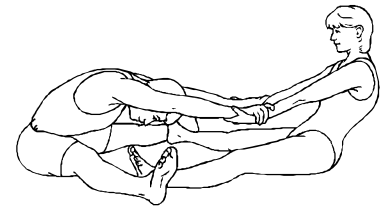
GROIN - 8 Thigh Adductors

With bottoms of feet together, grasp feet with hands. Have partner gently push trunk forward until stretch is felt. Hold ____ seconds. Repeat ____ times. Do ____ sessions per day.



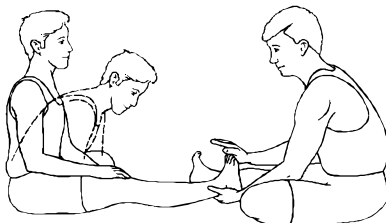
GROIN - 10 Thigh Adductors

Partner places feet inside legs at ankles. Partner gently pulls trunk forward and pushes legs apart until stretch is felt. Hold ____ seconds. Repeat ____ times. Do ____ sessions per day.



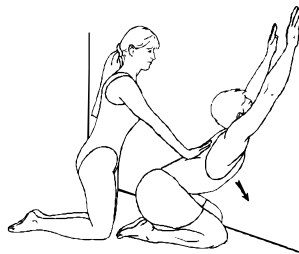
LOWER LEG - 15 Gastroc / Plantar Fascia

With heel in partner's hand, have partner gently push toes toward trunk until stretch is felt. Hold ____ seconds. To increase stretch, gently lean forward. Repeat with other leg. Repeat ____ times. Do ____ sessions per day.



SHOULDERS - 7 Extensors

With hands on wall, have partner push chest toward wall until stretch is felt. Hold ____ seconds. Repeat ____ times. Do ____ sessions per day.



WARM-UP - 17 Leg Swing: Forward

Stand erect arm perpendicular to wall for support. Fully swing one leg forward and backward. Keep leg straight, ankle dorsiflexed. Do ____ sets ____ reps. Repeat reps with other leg to perform one set.

