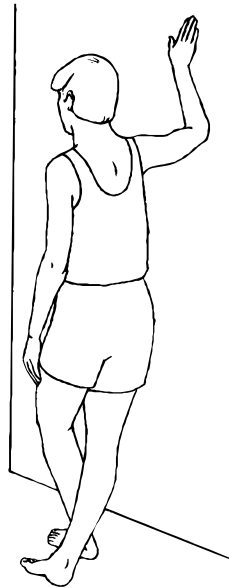


HIP OBLIQUE - 9 Iliotibial Band

Cross right leg behind the left. Lean right hip toward wall while bending left knee and keeping right knee straight. Hold 30 seconds.
Repeat with left leg behind right.

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

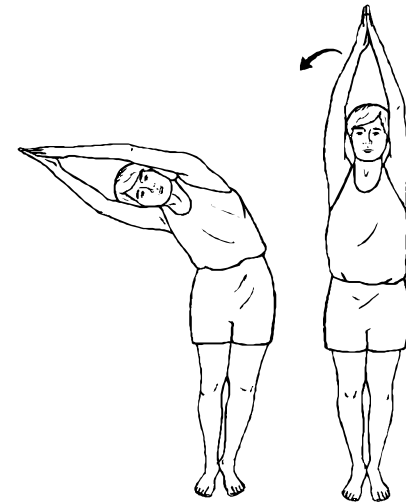
Repeat 2 times.
Do 2 sessions per day.



HIP OBLIQUE - 1 Abductors

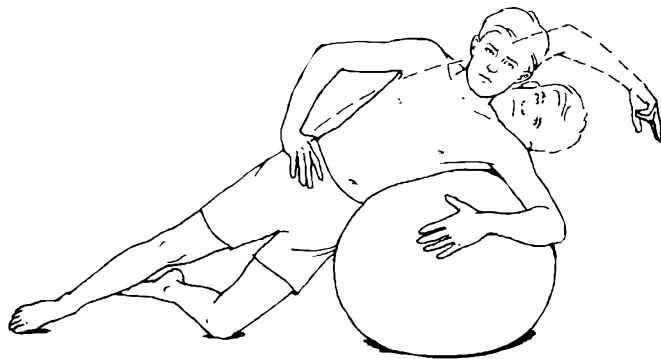
From starting position, bend the body to the side as far as possible until stretch is felt. Hold 10 seconds.
Repeat to other side.

Repeat 3 times.
Do 2 sessions per day.



SPINE - 59

Perform standing up with ball against the wall.



Reach above head until a stretch is felt. Hold 20 seconds.
Exhale as you reach.

Repeat 2 times per set.
Do _____ sets per session. Do 2 sessions per day.