

HIP / KNEE - 41 Stretching: Gastroc

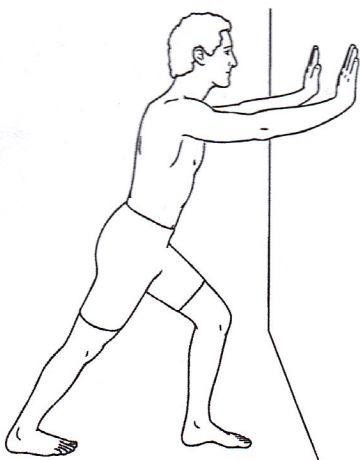
Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf.

Hold 20 seconds.

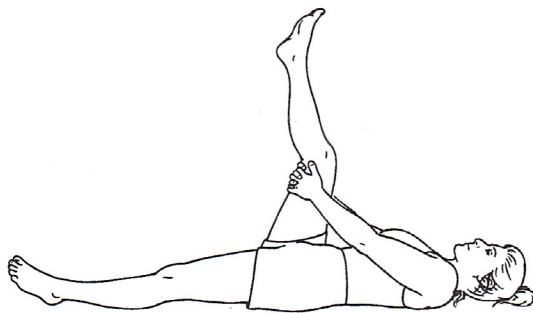
Repeat 3-4 times per set.

Do 1 sets per session.

Do 1 sessions per day.



HIP / KNEE - 38 Stretching: Hamstring (Supine)

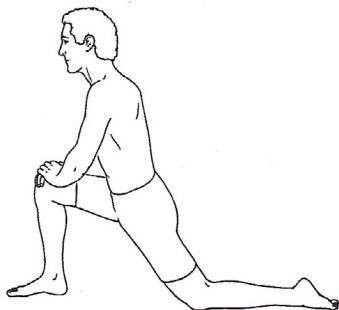


Supporting right thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 20 seconds.

Repeat 3-4 times per set. Do 1 sets per session.

Do 1 sessions per day.

HIP / KNEE - 34 Stretching: Hip Flexor



Kneeling on left knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 20 seconds.

Repeat 3-4 times per set. Do 1 sets per session.

Do 1 sessions per day.

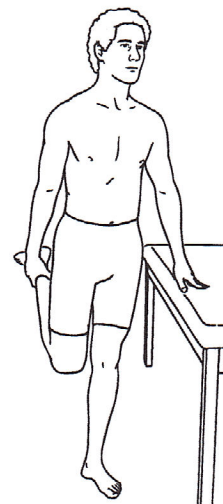
HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull right heel toward buttock until stretch is felt in front of thigh. Hold 20 seconds.

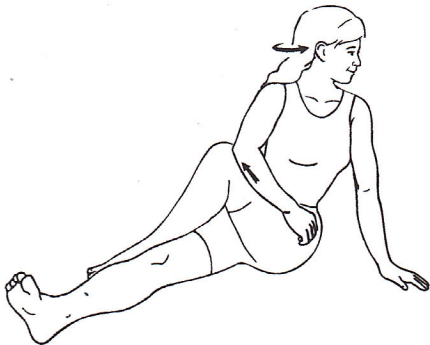
Repeat 3-4 times per set.

Do 1 sets per session.

Do 1 sessions per day.



HIP OBLIQUE - 10 External Rotators



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. Hold 20 seconds. Repeat with other side.

Repeat 3-4 times. Do 1 sessions per day.

GROIN - 3 Thigh Adductors

Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold 20 seconds.

Repeat 3-4 times.

Do 1 sessions per day.

