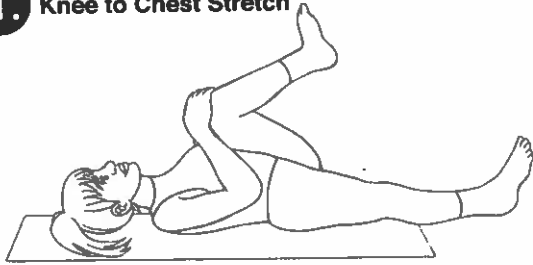


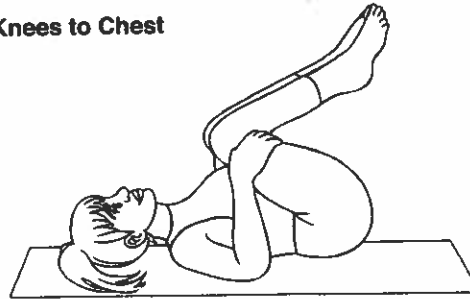
STRETCHES A - PERFORM EACH EXERCISE FOR 2 x 20-30" HOLD

1. Knee to Chest Stretch



Lie on your back with both legs extended. Pull your right knee into your chest, while keeping the left leg straight and your lower back pressed into the floor. Hold. Repeat on the other leg.
Target Body Parts: hip flexor, glutes

2. Knees to Chest



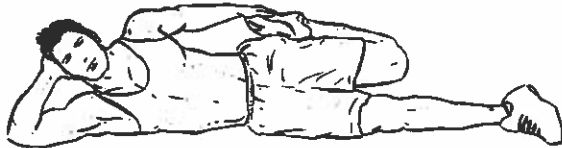
Lie on your back and pull your knees into your chest with both hands. Keep your lower back on the floor. Hold.
Target Body Parts: lower back

3. Figure Four Stretch



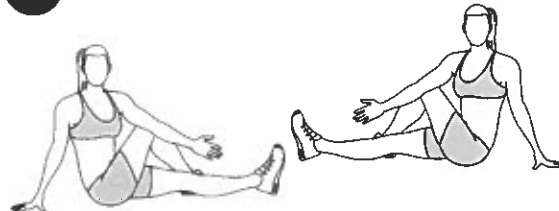
Lie on your back with your feet flat on the floor. Cross your left foot over your right quad. Lift your right leg off the floor. Grab onto the back of your right leg and gently pull it toward your chest. When you feel a comfortable stretch, hold there. Switch sides and repeat.
Target Body Parts: hip rotator, flexor, IT band

4. Lying Quad Stretch



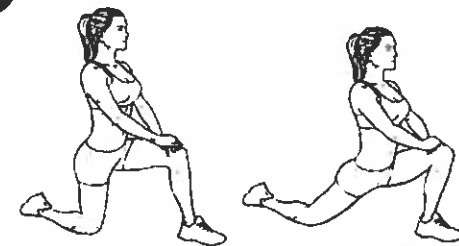
Lie on one side. Keep your bottom leg straight and bend your top knee so your foot is by your butt. Hold your top foot with your hand, pulling it toward your butt. Keep your hips stable so you're not rocking back as you pull. Hold. Switch sides and repeat.
Target Body Parts: quads

5. Piriformis Stretch (outside thigh stretch)



Sit on the floor with both legs extended in front of you. Cross your right leg over your left, and place your right foot flat on the floor. Place your right hand on the floor behind your body. Place your left hand on your right quad or your left elbow on your right knee (as shown) and press your right leg to the left as you twist your torso to the right. If the spinal rotation bothers your back, take it out and simply use your left hand to pull your right quad in and to the left.
Target Body Parts: The piriformis muscle is a deep internal hip rotator, located on the outside of the butt. Its primary role is external rotation

6. Lunging Hip Flexor Stretch



Kneel on your left knee. Place your right foot flat on the floor in front of you, knee bent. Lean forward, stretching your left hip toward the floor. Squeeze your butt; this will allow you to stretch your hip flexor even more. Hold. Switch sides and repeat.
Target Body Parts: hip flexor

7. The Hurdler Hamstring Stretch



Sit on the floor with one leg out straight. Bend the other leg at the knee and position the sole of that foot against your opposite inner thigh. Extend your arms and reach forward over the one straight leg by bending at the waist as far as possible. Hold. Relax. Repeat with the other leg.
Target Body Parts: hamstrings

8. Standing Oblique Stretch



Stand tall with your feet shoulder width apart. Place your right hand on your hip and raise the left arm. Incline your torso to the right until you feel a stretch in the obliques. Hold. Repeat on the other side.
Target Body Parts: obliques, quadratus lumborum muscle, lats

9. Triceps Stretch



Kneel, sit, or stand tall with feet hip-width apart, arms extended overhead. Bend your right elbow and reach your right hand to touch the top middle of your back. Reach your left hand overhead and grasp just below your right elbow. Gently pull your right elbow down and toward your head. Hold. Switch arms and repeat.
Target Body Parts: triceps