



QUAD STRETCH

While in a standing position, bend your knee back behind and hold your ankle/foot.

Keep thighs together (Don't allow knee to drift out towards side).

Repeat 2 Times
Hold 30 Seconds



HIP FLEXOR STRETCH

While kneeling, engage your core to stabilize your spine. Next shift your pelvis forward until a stretch is felt along the front of your hip.

ADVANCE:

- * Turn rear foot (lower leg) out.
- * Shift hips laterally towards the side of the leg you kneeling on.
- * Rotate trunk towards side of forward leg.

Repeat 2 Times
Hold 30 Seconds



Quad, Tensor Fascia Latae & IT Band Stretch

Lay on your side with the side you want to stretch on top. Pull your top knee's ankle behind your hip with your hand. Use your other foot to push your top knee towards the floor.

Repeat 2 Times
Hold 30 Seconds



Glute Stretch

Ideally you want to sit upright against a wall to support your lower back for this stretch. Straighten one leg out and cross the opposite leg over with your foot flat on the ground. Hug your bent knee toward your chest and slightly rotate your trunk toward the bent leg while hugging the leg in the opposite direction. Hold this stretch.

Repeat 2 Times
Hold 30 Seconds



Hamstring Stretch kneeling

Kneel down and place leg to be stretched in front of knee. Bring toes up towards shin. Keep back straight and hips square. Hinge forward through your hips, rotating your trunk towards the forward leg until a stretch is felt in the back of the thigh.

Repeat 2 Times
Hold 30 Seconds

Modifications:

* Can perform this stretch while sitting with foot resting on floor OR Standing with foot propped up on something.



Gastrocnemius/Soleus Stretch

Keep back leg straight and heel on floor, lean into wall until a stretch is felt in calf. Hold for 30 seconds.

Next, keep back leg slightly bent and heel flat on floor. Lean into wall until stretch is felt in calf. Hold for 30 seconds.

Repeat on other leg.

Repeat 2 Times
Hold 30 Seconds