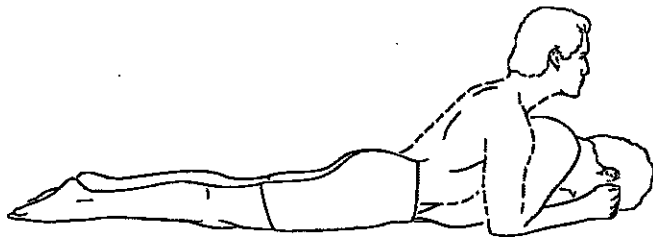
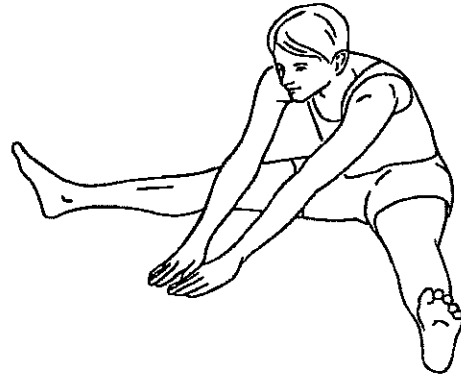


LOWER BACK - 1 On Elbows (Prone)



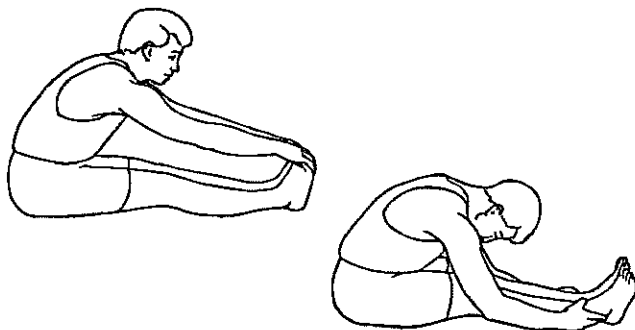
Rise up on elbows as high as possible, keeping hips on floor.
Hold 15-30 seconds.
Repeat 2 times.

GROIN - 4 Thigh Adductors



With legs apart, slide hands forward until stretch is felt.
Hold 15-30 seconds.
Repeat 1 times.

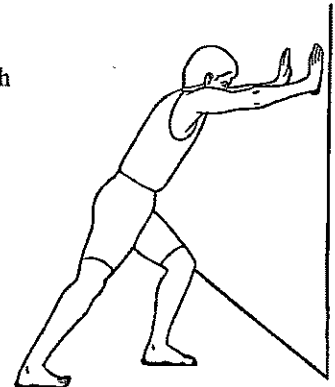
HAMSTRINGS - 4 Pull Back Toes, Double Leg



With hands on toes, pull torso forward and bend head toward knees until stretch is felt. Hold 15-30 seconds. For more stretch, put hands on ankles.
Repeat 1 times.

LOWER LEG - 5 Gastroc

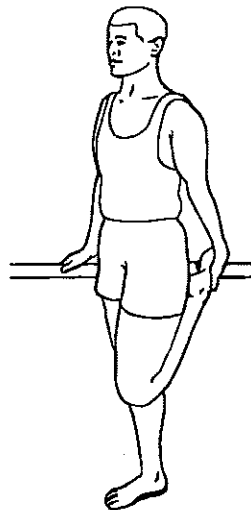
Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.
Hold 15-30 seconds.
Repeat with other leg.



Repeat 1 times.

UPPER LEG - 2 Quadriceps

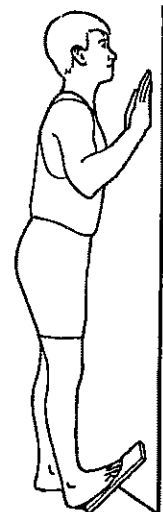
Pull heel toward buttocks until stretch is felt in front of thigh.
Hold 15-30 seconds. Repeat with other heel.



Repeat 1 times.

LOWER LEG - 6 Gastroc / Plantar Fascia

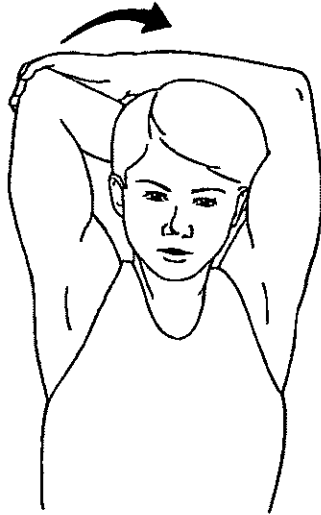
Put one foot on a wedge (slanted at about 30°) with heel resting on floor. Keep toes straight, and support with hands on wall. With leg straight, press entire body forward.
Hold 15-30 seconds. Repeat with other leg.



Repeat 1 times.

ARMS - 5 Triceps

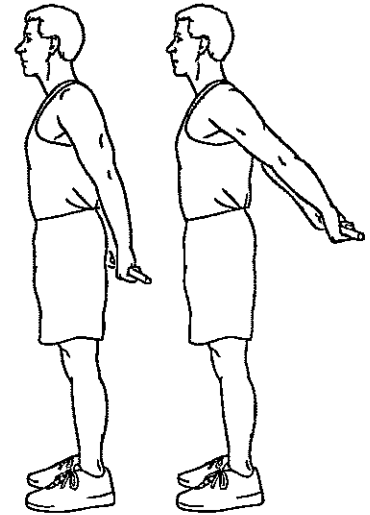
Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 15-30 seconds.



Repeat 1 times.

ARMS - 7 Biceps

Stand holding wand behind back. Raise arms as far as possible.



Repeat 1 times.

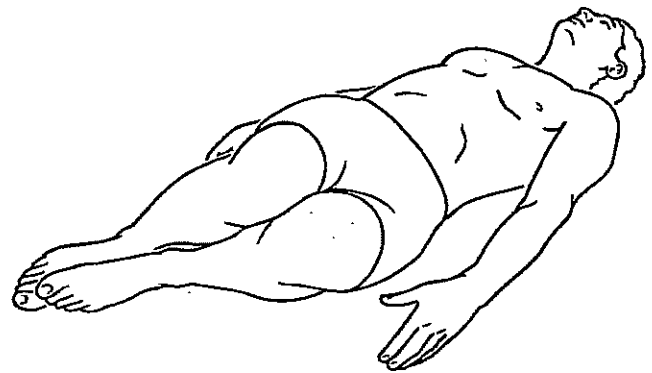
SHOULDERS - 3 Posterior Deltoids / Rhomboids

Pull arm across chest until stretch is felt. Turn head away from pull. Hold 15-30 seconds. Repeat with other arm.



Repeat 1 times.

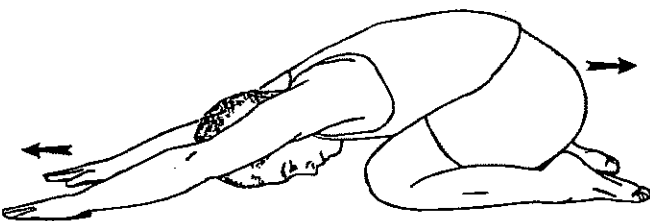
LOWER BACK - 3 Lower Trunk Rotation Stretch



Keeping back flat and feet together, rotate knees to the right. Hold 15-30 seconds. Repeat on left side.

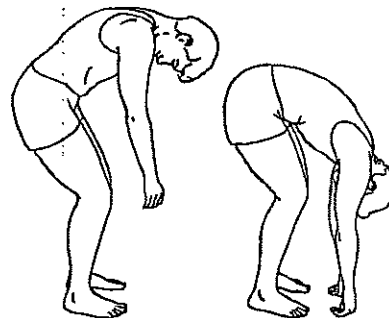
Repeat 1 times.

UPPER BACK - 2 Upper and Mid Extensors



Slide hands forward and buttocks back. Hold 15-30 seconds.
Repeat 2 times.

HAMSTRINGS - 5 Forward Bend



With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold 15-30 seconds. Bend knees further to return to standing position.

Repeat 1 times.