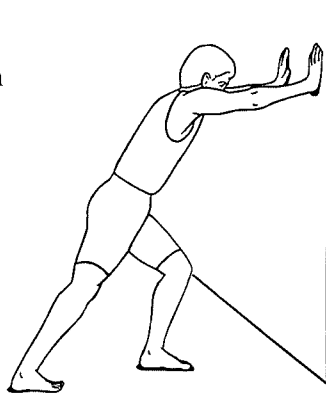


LOWER LEG - Calf

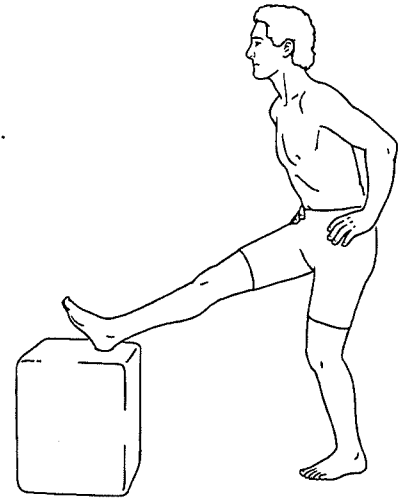
Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 20 seconds. Repeat with other leg.



Repeat 2 times.

HIP / KNEE - Stretching: Hamstring (Standing)

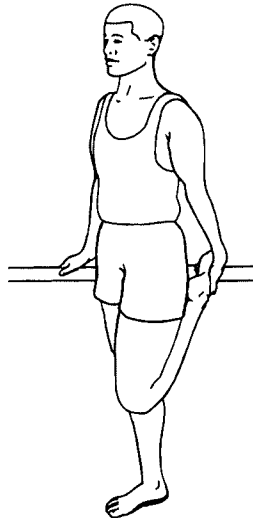
Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 20 seconds.



Repeat 2 times per set.

UPPER LEG - 2 Quadriceps

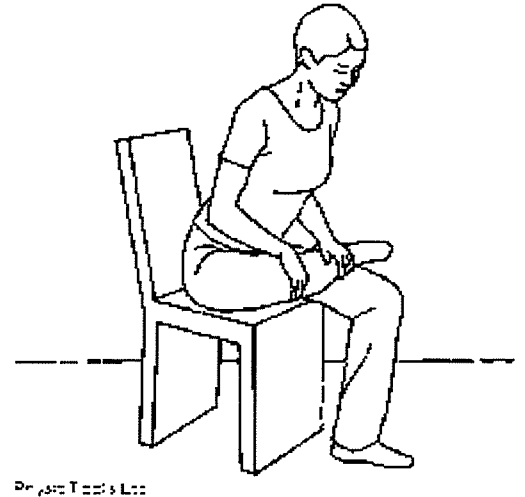
Pull heel toward buttocks until stretch is felt in front of thigh. Hold 20 seconds. Repeat with other heel.



Repeat 2 times.
Do _____ sessions per day.

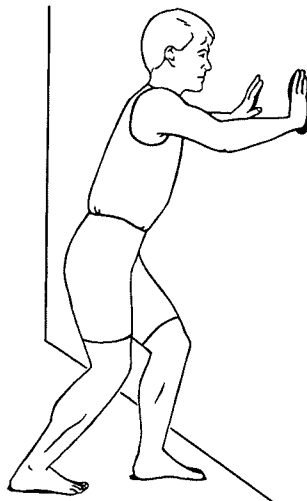
Piriformis

Place one foot on top of the other leg. Bend at the waist and use both hands to gently press down. Repeat stretch on the other leg. Hold for 10-20 seconds.



LOWER LEG - 7 Soleus

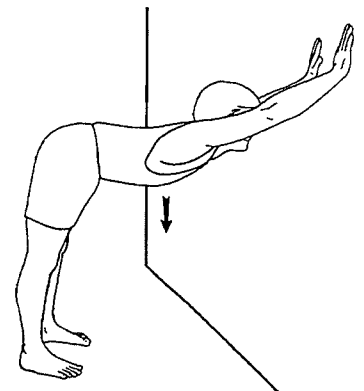
Keep back leg slightly bent, with heel on floor. Lean into wall until a stretch is felt in calf. Hold 20 seconds. Repeat with other leg.



Repeat 2 times.
Do _____ sessions per day.

SHOULDERS - 6 Extensors

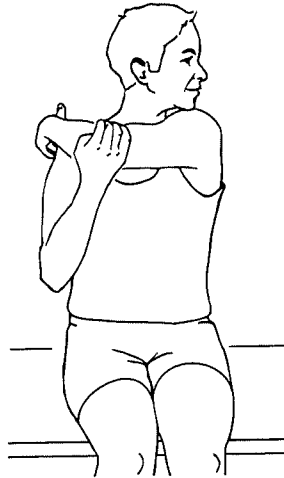
With hands on wall or rail and feet shoulder-width apart, move chest toward floor. Hold 20 seconds.



Repeat 2 times.
Do _____ sessions per day.

SHOULDERS - 3 Posterior Deltoids / Rhomboids

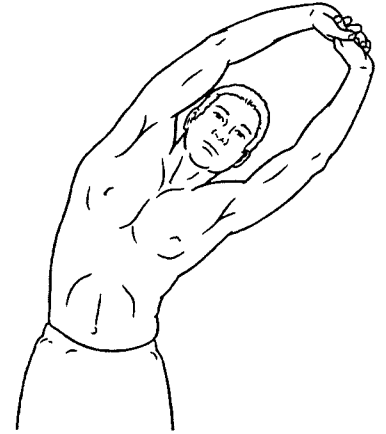
Pull arm across chest until stretch is felt. Turn head away from pull. Hold 20 seconds. Repeat with other arm.



Repeat 2 times.
Do _____ sessions per day.

BACK - Double Arm - Standing

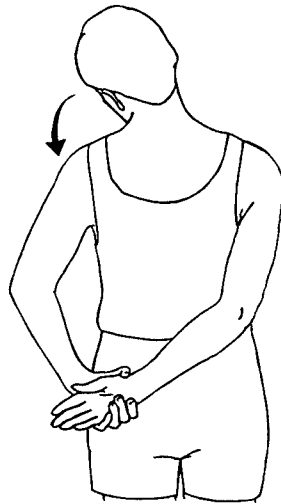
Hands clasped, reach over head to right side until stretch is felt. Hold 20 seconds. Relax.



Repeat 2 times per set.
Do 2 sets per session.

NECK - 10 Side Benders

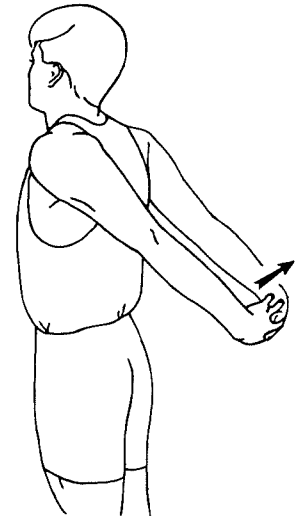
While tilting head to the left, pull right arm down with left hand until stretch is felt. Hold 20 seconds. Repeat to other side.



Repeat 2 times.
Do _____ sessions per day.

ARMS - Biceps

With arms straight and fingers interlaced, raise arms until stretch is felt. Hold 20 seconds.



Repeat 2 times.
Do _____ sessions per day.