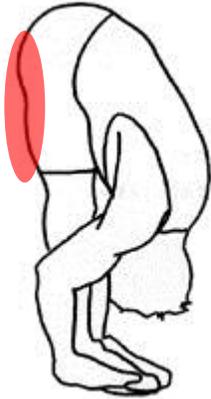
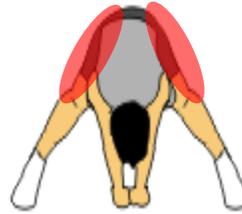


HAMSTRING



Have your feet face forward together or slightly apart, bend forward at the HIPS not the lower back until you feel a stretch in your hamstrings. Hold for 15 – 20 seconds. Bend your knees slightly and repeat for 15 – 20 seconds.

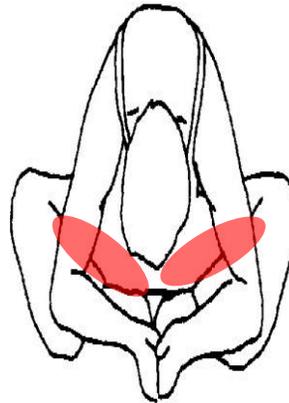


Open your feet so they are much wider than your hips, keep your feet parallel and bend forward at the HIPS not lower back until you feel a stretch in your hamstrings. Hold for 15 – 20 seconds. Bend your knees slightly and repeat for 15 – 20 seconds.

ADDUCTORS (GROIN)



Open your feet so that they are much wider than your hips, keep your feet parallel bend on knee, stick your butt back so your knee doesn't go over your toe, keep both feet on the ground. Hold for 15 – 20 seconds. Repeat on other side.

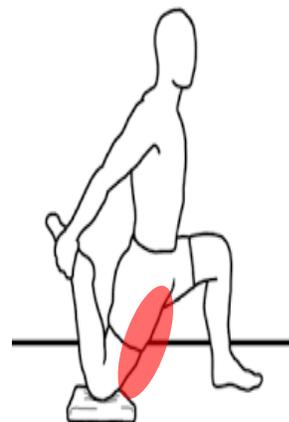


Sit down, place your feet together so the bottoms are touching and your knees are pointed out, lean forward from your HIPS until you feel a stretch in your groin. Hold for 15 – 20 seconds.

QUADRICEPS



Standing straight, lift your heel behind you, grab your ankle or shin with the arm of the same side, bring your heel back towards your butt until you feel a stretch your quad. Make sure to keep your hips and shoulders straight up. Hold for 15 – 20 seconds. Switch sides.

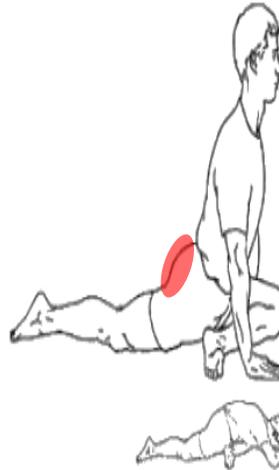


Get on the ground into a half kneeling position (one knee on the ground, one foot on the ground), bring the foot of your leg that is on the ground back toward your butt (if you can), grab your foot or ankle, if this is too painful, STOP. Hold for 15 – 20 seconds. Switch sides.

GLUTES (butt)



Lay on the ground, place both feet on the ground with your knees bent, cross one leg so the ankle is placed on the other knee, place your hands around your thigh of the leg that is still touching the ground, bring back your leg until you feel a stretch in your butt. Hold 15 – 20 seconds. Switch sides.



Start in a push up position, bring one leg up toward your chest, lay it so your ankle comes close to your opposite hand and the knee is next to the same side hand, you should look like a “7”, bend forward at the hips bringing your chest as close to the ground as you can. Hold 15 – 20 seconds. Switch sides.

SOLEUS AND GASTRONEMIUS (CALF)

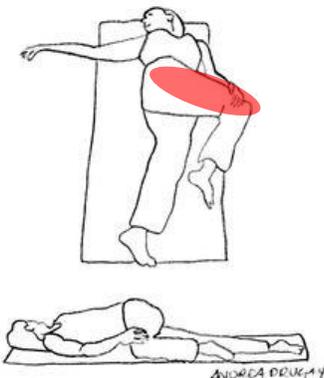


Stand either against a wall or fence so one foot is in front of the other, push bend the front leg while keeping your heel on the ground, lean forward into the fence/wall. Feel a stretch in the back of your lower leg. Hold 15 – 20 seconds. Switch sides.

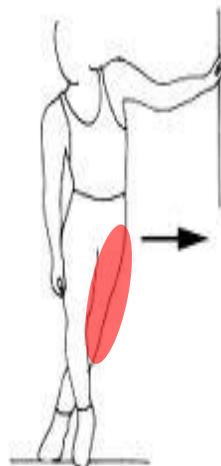


Stand on a stair/bleacher/bench, hang your heel of the back until you feel a stretch in the back of your lower leg. Keep your knee straight and hold 15 – 20 seconds. Bend your knee and repeat. Switch sides and repeat.

IT BAND

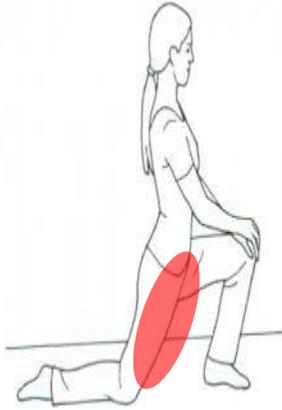


Lay on the ground, cross one leg over to the opposite side, keep your hips stacked and push your knee down with the opposite arm. Feel the stretch in the outside of your crossed leg. Hold for 15 – 20 seconds. Switch sides.

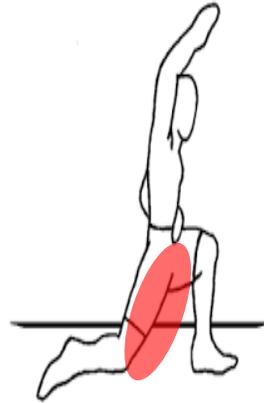


You don't have to stand next to a wall, but you can for extra balance. Cross the right leg over the left, lean your shoulders and torso towards the right. Feel a stretch on the outside of your leg that is behind. Hold 15 – 20 seconds. Switch sides.

HIP FLEXOR



Get down into a half kneel (one foot on the ground, one knee on the ground), tuck your hips and lean forward, feel a stretch in the front of your hip. You can also lean your chest back while your hips go forward for more stretch. Hold for 15 – 20 seconds. Switch sides.



Get down into a half kneel (one foot on the ground, one knee on the ground), tuck your hips and lean forward, feel a stretch in the front of your hip. Lift the hand of the side you are stretching over your head and lean your torso over. Hold 15 – 20 seconds. Switch sides.