

LOWER BODY STRETCHES

LYING HAMSTRING STRETCH

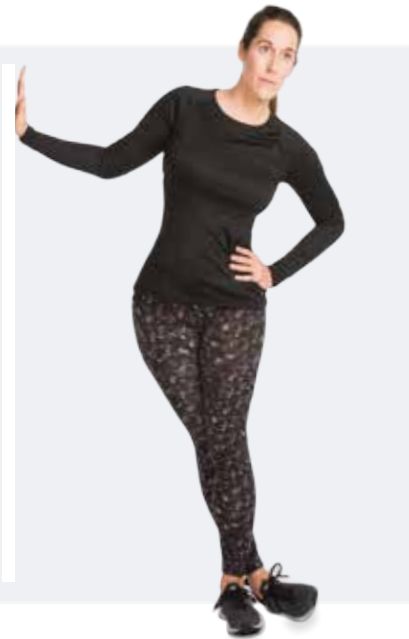
- (1)** Lie on the floor on your back with one leg extended. Bend the other leg at the knee with your foot flat on the ground.
- (2)** Bring the knee of your bent leg toward your chest. Hold on to the back of your thigh with both hands.
- (3)** Straighten your leg until you feel a stretch in the back of your thigh.

Perform these stretches after a lower body strength workout. Hold each stretch for 30 seconds and repeat three times on each leg.



IT BAND WALL STRETCH

- (1)** Stand with your feet shoulder-width apart next to a wall.
- (2)** Cross your outside leg in front of the leg closest to the wall. Place your hand or forearm against the wall.
- (3)** Push your inside hip toward the wall until you feel a stretch in the side of your leg closest to the wall.



QUADRICEPS STRETCH

- (1)** Stand with your feet shoulder-width apart.
- (2)** Bend one knee and bring your foot up behind you. Grasp your foot in one hand and pull it toward your buttocks.
- (3)** Push your hips forward until you feel a stretch in the front of your thigh. Keep your thighs straight and parallel to each other.
- (4)** Place your free hand on a wall or the back of a chair for balance.



STANDING SOLEUS STRETCH (LOWER CALF)

- (1)** Stand facing a wall or chair with your feet shoulder-width apart and hands on the wall or chair.
- (2)** Step backward with one leg and bend your back knee. Lean into the wall or chair until you feel a stretch in your lower calf.
- (3)** Keep your back knee in line with your foot and both heels on the ground.



STANDING GASTROC STRETCH (UPPER CALF)

- (1)** Stand facing a wall or chair with your feet shoulder-width apart and hands on the wall or chair.
- (2)** Step backward with one leg and press your back heel into the ground.
- (3)** Keep the knee of your back leg straight, in line with your foot and your toes pointed forward.