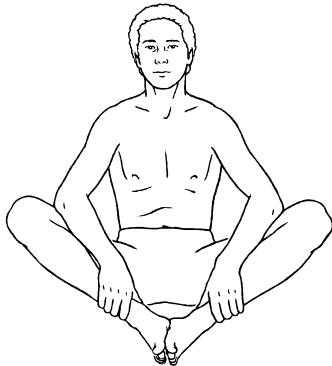


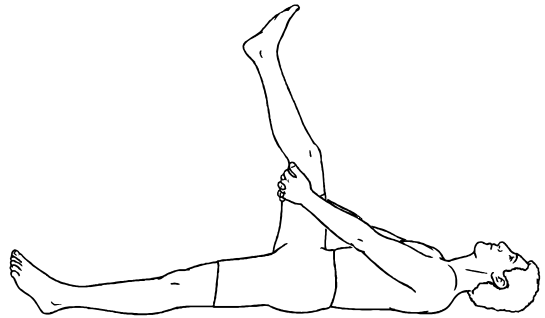
HIP / KNEE - 32 Stretching: Inner Thigh / Groin

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh. Hold 15 seconds.



Repeat 2-3 times per set.
Do _____ sets per session.
Do 1 sessions per day.

HIP / KNEE - 38 Stretching: Hamstring (Supine)

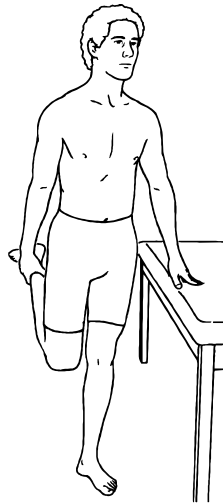


Supporting right thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 15 seconds.

Repeat 2-3 times per set. Do _____ sets per session.
Do 1 sessions per day.

HIP / KNEE - 37 Stretching: Quadriceps (Standing)

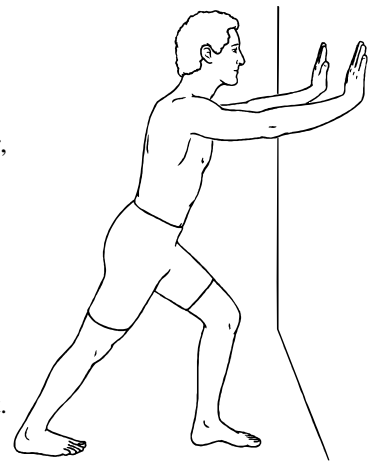
Pull right heel toward buttock until stretch is felt in front of thigh. Hold 15 seconds.



Repeat 2-3 times per set.
Do _____ sets per session.
Do 1 sessions per day.

HIP / KNEE - 41 Stretching: Gastroc

Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 15 seconds.



Repeat 2-3 times per set.
Do _____ sets per session.
Do 1 sessions per day.