

# Stretches



## Seated Hamstring Stretch

Sitting with one leg straight and the other bent inward, bend forward at your waist like a hinge. Keep your back straight and try to touch your foot. Hold the stretch for 15 seconds and repeat on the other side.



## Glute Stretch

Lying on your back, cross your right ankle on your left knee. Reach and grab your left thigh or shin and pull toward you. Hold the stretch for 15 seconds and switch sides.



## Hip Flexor Stretch

Kneel down on one knee and keeping your chest up and back straight, lean forward feeling a stretch in the front of the down leg. Hold stretch for 15 seconds and repeat on other side.



## Standing Calf Stretch

Leaning against a wall, keep your back leg straight and your heel on the ground. Lean forward feeling the stretch in your calf. Hold stretch for 15 seconds and switch legs.



## Standing Quad Stretch

Grab your ankle pulling it toward your buttocks feeling the stretch in the front of your thigh. Keep your head and chest up and hold stretch for 10 seconds. Switch legs and repeat.

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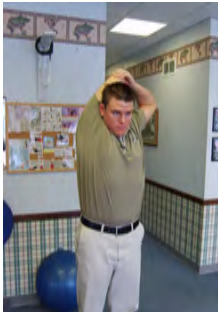
## Neck Stretch

With your left hand, stretch your head forward and to the left with your right arm behind your back. Hold the stretch for 20 seconds. Repeat with the other side.



## Shoulder Stretch

Standing up straight, cross your left arm over your body and grab it with your right hand pulling it closer to your body, holding the stretch for 10 seconds. Repeat with the other side.



## Triceps Stretch

Reach your hand behind your head and then grasp that elbow with your other hand to add stretch. Stay up straight and hold for 15 seconds. Switch arms and repeat.



## Doorway Chest Stretch

With both arms in the doorway, lean forward feeling a stretch in your chest and squeeze your shoulder blades together. Hold the stretch for 20 seconds.

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### Cat Stretch

On hands and knees, breath in and raise head and chest and lower low back, then breath out and lower head and raise low back arching your back up. Perform 15 repetitions.



### Supine Hip Twist

Lying on your back with arms out to your sides, lift your right leg up and over to the left, keeping leg straight, hold stretch for 15 seconds. Return to start and repeat with left leg going to the right.



### Open Book Stretch

Lying on your side with arms out in front of you and top leg bent, rotate your upper arm up and out. Touch the back of that hand to the floor, trying to keep your other arm and legs against the floor. Hold stretch for 15 seconds and repeat on other side.



### Forearm Stretch

Reach your arm out forward and keep your elbow locked. With your other hand bend your wrist downward and then upward, holding each stretch for 10 seconds. Switch arms and repeat.