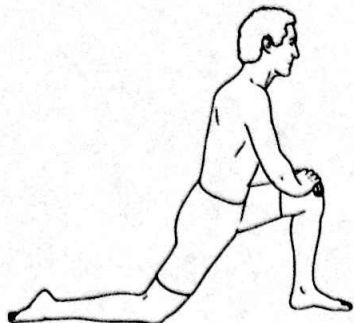


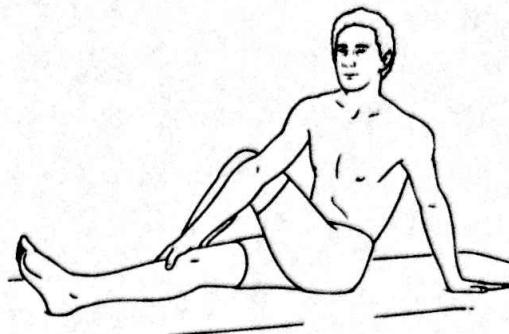
HIP / KNEE - 34 Stretching: Hip Flexor



Kneeling on **right** knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 30 seconds.

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

HIP / KNEE - 35 Stretching: Piriformis

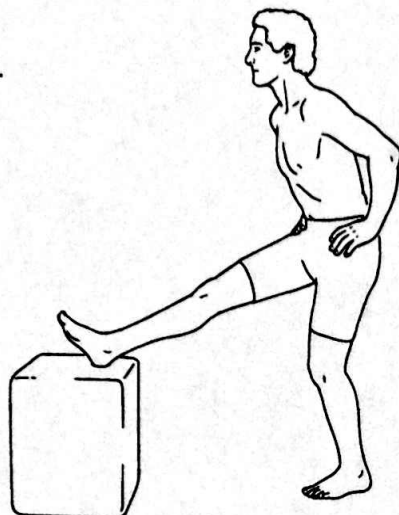


Cross **right** leg over other thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body. Hold 30 seconds.

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

HIP / KNEE - 39 Stretching: Hamstring (Standing)

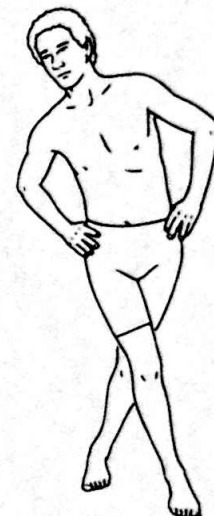
Place **right** foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 30 seconds.



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

HIP / KNEE - 36 Stretching: Tensor

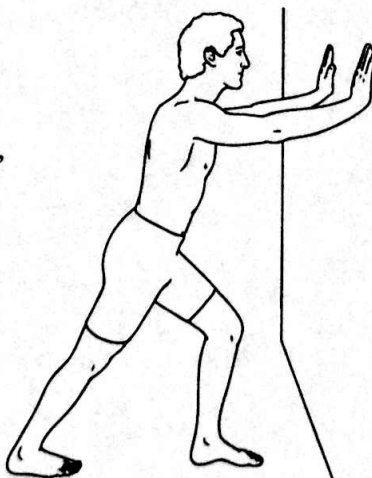
Cross **right** leg over the other, then lean to same side until stretch is felt on other hip. Hold 30 seconds.



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

HIP / KNEE - 41 Stretching: Gastroc

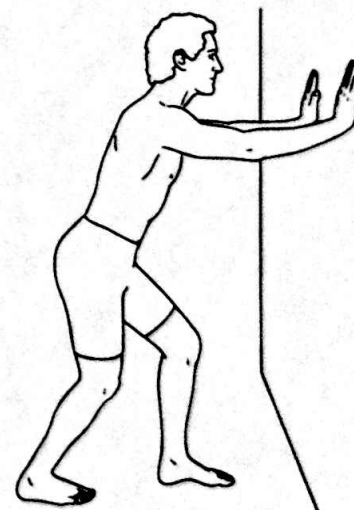
Stand with **right** foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 30 seconds.



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

HIP / KNEE - 42 Stretching: Soleus

Stand with **right** foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 30 seconds.



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