

CALF MUSCLE STRETCHING



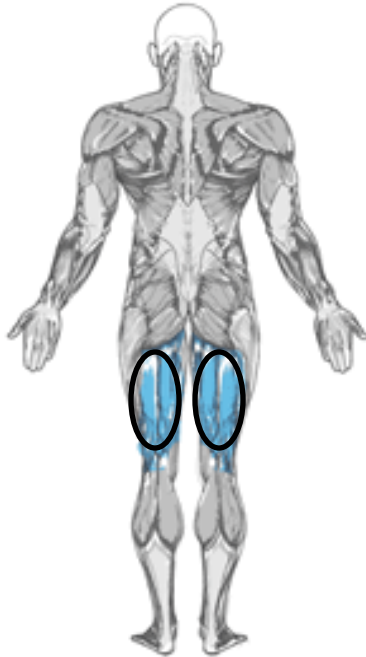
- 1) Stand facing a wall from a couple feet away.
- 2) Lean against the wall, placing your weight on your forearms.
- 3) Attempt to keep your heels on the ground. Hold for 10-20 seconds. You may move further or closer the wall, making it more or less difficult, respectively.

HAMSTRING STRETCHING



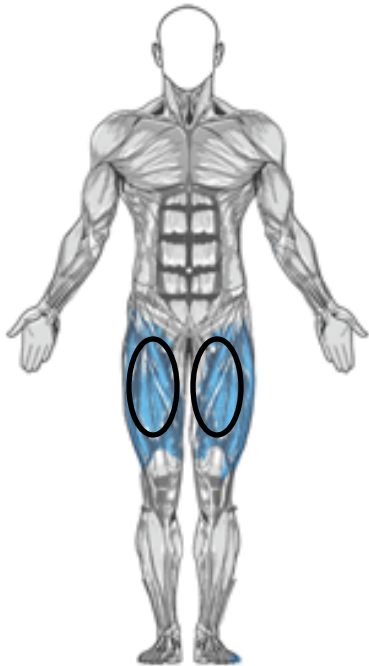
- 1) Lie on your back, with one leg extended straight out.
- 2) With the other leg, bend the hip and knee to 90 degrees. You may brace your leg with your hands if necessary. This will be your starting position.
- 3) Extend your leg straight into the air, pausing briefly at the top. Return the leg to the starting position.
- 4) Repeat for 10-20 repetitions, and then switch to the other leg.

HAMSTRING/ ADDUCTOR STRETCHING



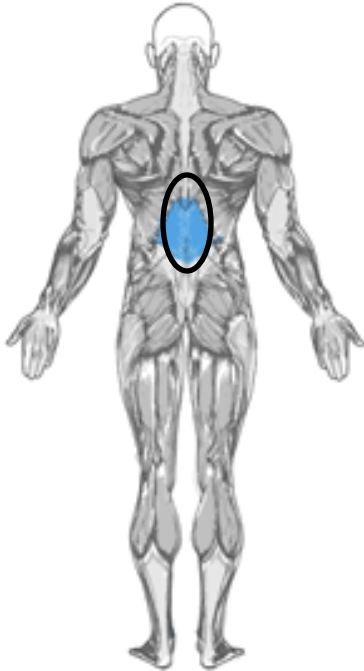
- 1) Sit upright in a chair and grip the seat on the sides.
- 2) Raise one leg, extending the knee, flexing the ankle as you do so.
- 3) Slowly move that leg outward as far as you can, and then back to the center and down.
- 4) Repeat for your other leg.

QUADRICEPS STRETCHING



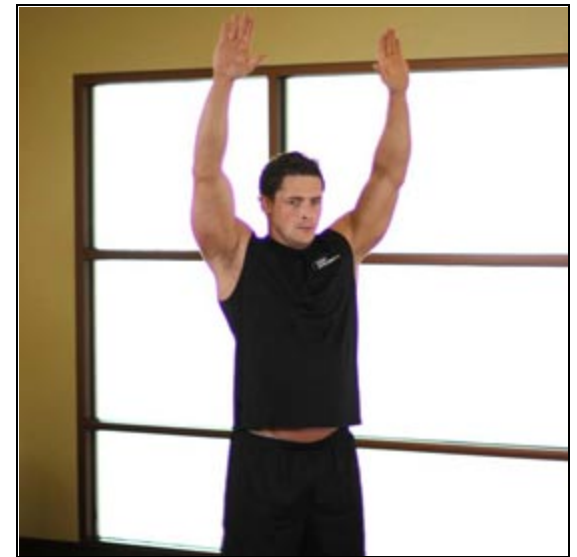
- 1) Stand with your feet shoulder width apart. This will be your starting position.
- 2) Begin the movement by flexing your knees and hips, sitting back with your hips.
- 3) Continue until you have squatted a portion of the way down, but are above parallel, and quickly reverse the motion until you return to the starting position. Repeat for 5-10 repetitions.

BACK STRETCHING



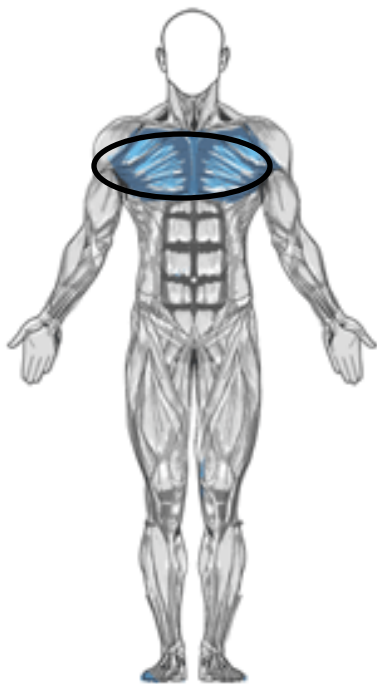
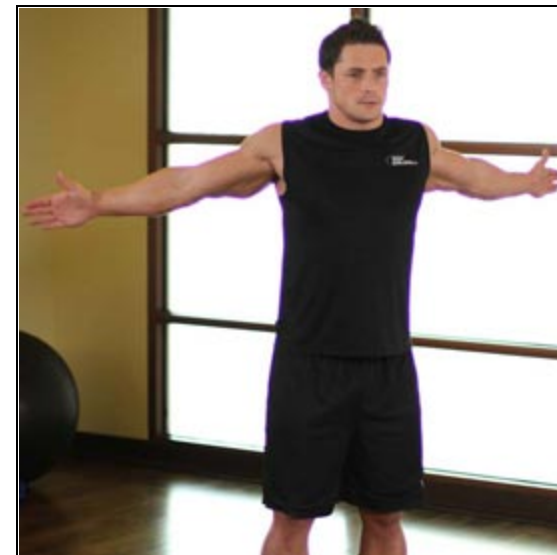
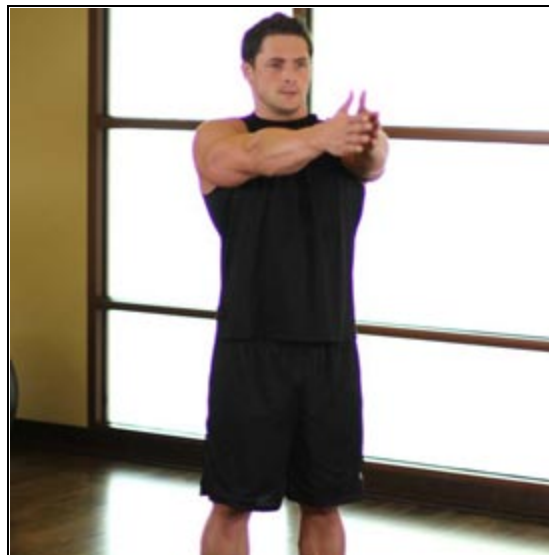
- 1) Clasp fingers together with your thumbs pointing down, round your shoulders as you reach your hands forward.

LATS/TRICEPS STRETCHING



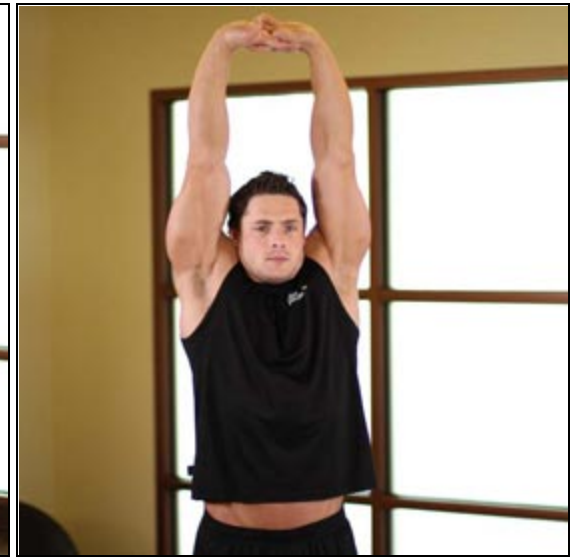
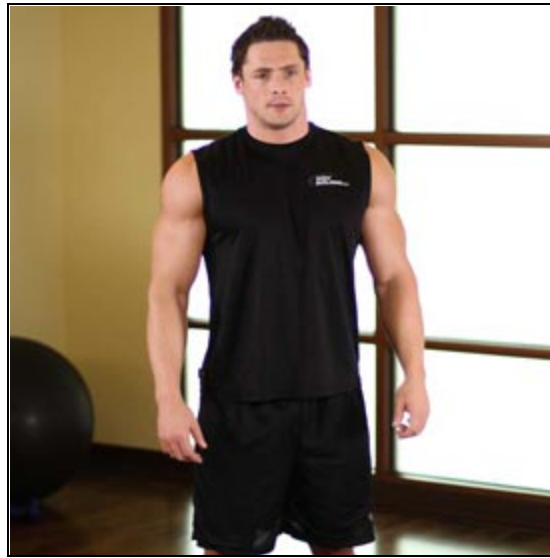
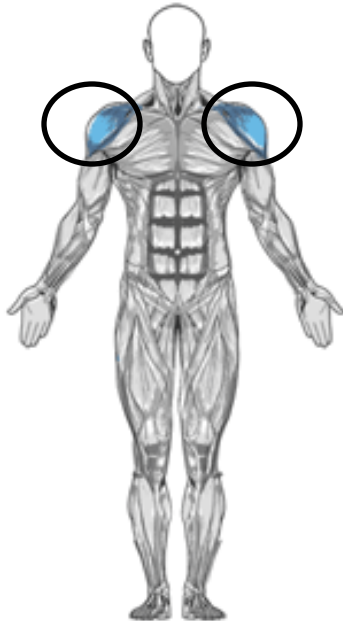
- 1) Stand with your feet shoulder width apart. This will be your starting position.
- 2) Keeping your arms straight, swing them straight up in front of you 5-10 times, increasing the range of motion each time until your arms are above your head.

CHEST/BACK STRETCHING



- 1) Stand with your hands together, arms extended directly in front of you. This will be your starting position.
- 2) Keeping your arms straight, quickly move your arms back as far as possible and back in again, similar to an exaggerated clapping motion. Repeat 5-10 times, increasing speed as you do so.

SHOULDER STRETCHING



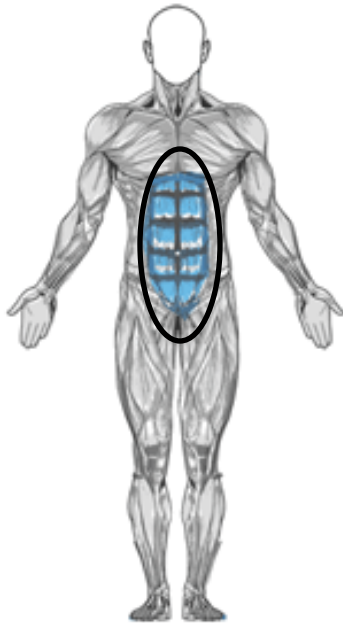
- 1) Extend both hands straight above your head, palms touching.
- 2) Slowly push your hands up and back, keeping your back straight.

NECK STRETCHING



- 1) Start with your shoulders relaxed, gently tilt your head towards your shoulder.
- 2) Assist stretch with a gentle pull on the side of the head.

ABDOMINAL STRETCHING



- 1) Stand upright holding an exercise ball/can/pillow with both hands. Extend your arms so the ball is straight out in front of you. This will be your starting position.
- 2) Rotate your torso to one side, keeping your eyes on the ball as you move. Now, rotate back to the opposite direction. Repeat for 10-20 repetitions.