

Gastroc Stretch on Wall

REPS: 10 | **SETS:** 3 | **WEEKLY:** 5x | **DAILY:** 1x

Setup

- Begin in a standing upright position in front of a wall.

Movement

- Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

- Make sure to keep your heels on the ground and back knee straight during the stretch.

STEP 1



STEP 2



Standing Hamstring Stretch on Chair

REPS: 10 | **SETS:** 3 | **WEEKLY:** 5x | **DAILY:** 1x

Setup

- Begin in a standing upright position with a chair or step in front of your body.

Movement

- Lift one leg to rest your heel on the chair with a very slight bend in your knee. Bending at your hips, lean your trunk forward until you feel a stretch in the back of your upper leg and hold.

Tip

- Make sure to keep your back straight during the stretch.

STEP 1



STEP 2



Supine Piriformis Stretch

REPS: 10 | **SETS:** 3 | **WEEKLY:** 5x | **DAILY:** 1x

Setup

- Begin lying on your back with one leg bent and your other ankle resting on your knee.

Movement

- Grab underneath one leg, pushing your elbow into the lower thigh of the opposite leg. Gently pull your leg toward your body until you feel a stretch in your buttock and hold.

Tip

- Make sure to keep your low back flat against the floor during the stretch.

STEP 1



STEP 2



Half Kneeling Hip Flexor Stretch with Chair

REPS: 10 | **SETS:** 3 | **WEEKLY:** 5x | **DAILY:** 1x

Setup

- Begin in a half kneeling position with your back foot up on a chair behind you and your hips facing forward.

Movement

- Shift your weight forward, pressing your hips forward at the same time. Hold this position. You should feel a stretch on the front of your hip and thigh.

Tip

- Make sure to stay upright and keep your buttocks tight.

STEP 1



STEP 2



Downward Dog

REPS: 10 | **SETS:** 3 | **WEEKLY:** 5x | **DAILY:** 1x

Setup

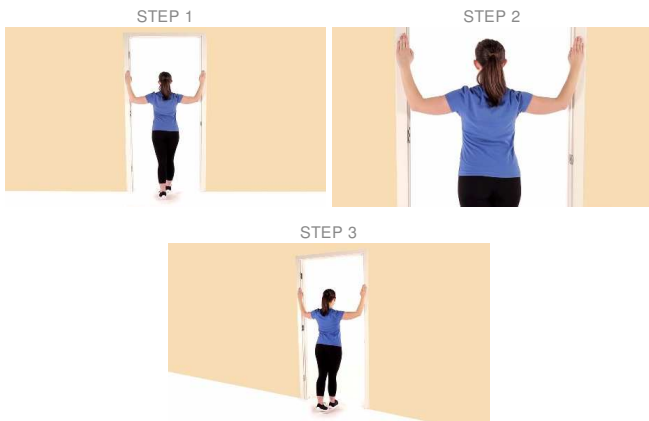
- Begin on all fours.

Movement

- Prop your feet up on your toes, then push your body up into an inverted V position with your elbows and knees straight. Hold this position, feeling a stretch through your back and legs.

Tip

- Make sure to keep your shoulders down, as well as your hands and feet flat on the floor during the stretch.



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 10 | SETS: 3 | WEEKLY: 5x | DAILY: 1x

Setup

- Begin in a standing upright position in the center of a doorway.

Movement

- With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

- Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.



Supine Chest Stretch on Foam Roll

REPS: 10 | SETS: 3 | WEEKLY: 5x | DAILY: 1x

Setup

- Begin lying with your knees bent and a foam roll positioned vertically along the middle of your back, hands resting on your stomach.

Movement

- Slowly move your arms straight out to your sides, then return to the starting position and repeat.

Tip

- Make sure your back is laying flat against the foam roll.



Quadriceps Mobilization with Foam Roll

REPS: 10 | SETS: 3 | WEEKLY: 5x | DAILY: 1x

Setup

- Begin in a plank position with a foam roll placed directly under your thighs.

Movement

- Slowly lift your feet off the floor, then roll back and forth over the foam roll.

Tip

- Make sure to keep your thigh muscles relaxed during the exercise.

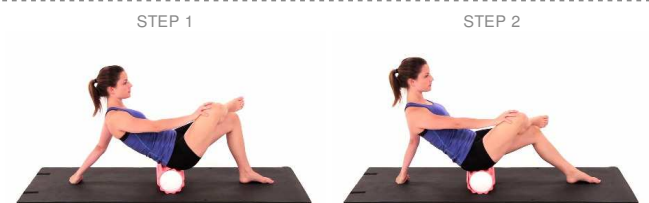


Figure 4 Gluteus Mobilization on Foam Roll

REPS: 10 | SETS: 3 | WEEKLY: 5x | DAILY: 1x

Setup

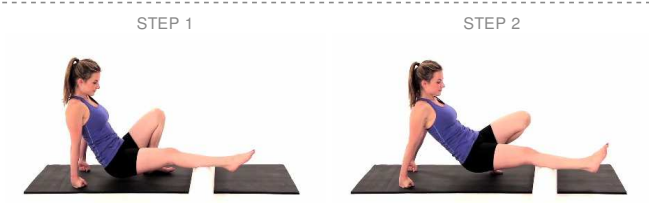
- Begin sitting on a wrapped foam roll with one ankle resting on your opposite knee. Place one hand on the knee of your crossed leg and apply a gentle pressure.

Movement

- Slowly roll your bottom back and forth over the roll.

Tip

- You can adjust the pressure by changing how much of your body weight is resting on the roll.



Calf Mobilization with Foam Roll

REPS: 10 | SETS: 3 | WEEKLY: 5x | DAILY: 1x

Setup

- Begin sitting upright with one leg bent, your other leg straight, and a foam roller under your calf.

Movement

- Push yourself off the ground with your arms and slowly roll your calf back and forth over the foam roller.

Tip

- Make sure to keep your movements slow and controlled.