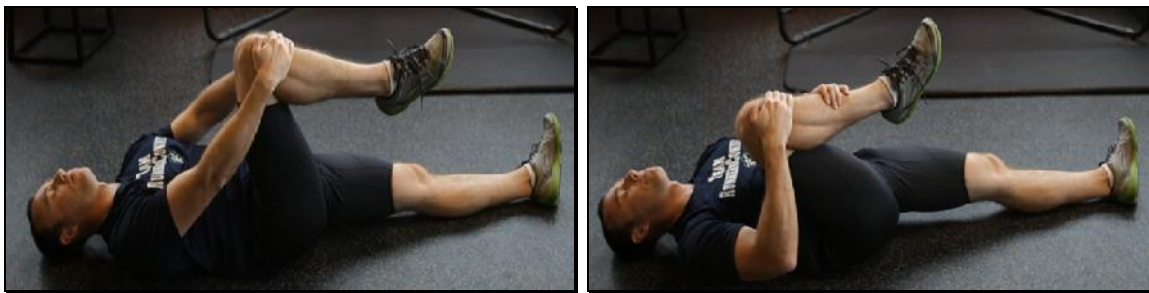




Module 1 - Stretching

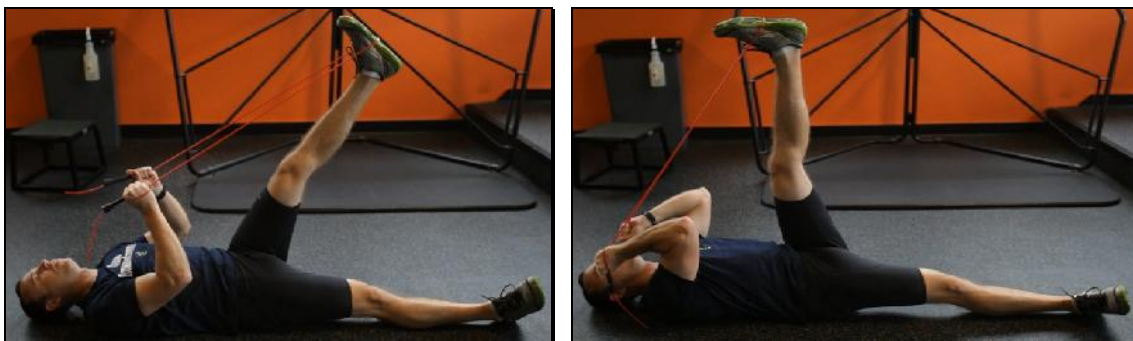
1. Single leg pelvic tilt - Repeat 8 to 10 times
2. Straight leg hamstring - Repeat 8 to 10 times
3. Gastrocnemius - Repeat 8 to 10 times
4. Hip adductor - Repeat 8 to 10 times
5. Quads - Repeat 8 to 10 times

Single leg pelvic tilt



Lie on your back, bending your nonexercising knee. Bend your exercising knee and place your hands behind your knee/thigh. Using your abdominals and hip flexors, lift your exercising leg toward your chest until you can go no farther. Aim your knee toward your armpit, gently assisting your leg at the end of the stretch with your hands, but do not pull.

Straight leg hamstring



Start by lying on your back. Bend one knee slightly to take the tension off of your back (Figure 1). Keeping your other leg straight, contract your quads and hip flexors and lift the leg as high up into the air as you can. Use a rope or your hands to gently increase the stretch (Figure 2). Hold for 2 seconds and repeat 10 times with each leg.



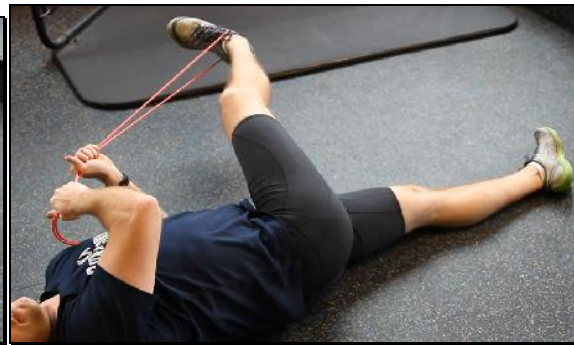


Gastrocnemius



Start seated with your legs straight in front of you. Loop the rope over the ball of your foot (Figure 1). Keeping your leg on the ground, contract the front of your shin to flex your ankle up (dorsiflexion). Gently pull on the rope to increase the stretch on your calf (Figure 2). Hold the stretch for 2 seconds and repeat 10 times with each leg.

Abductors

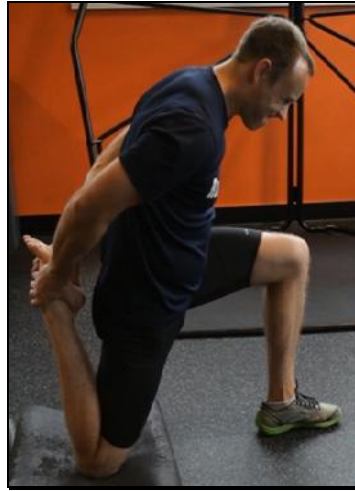
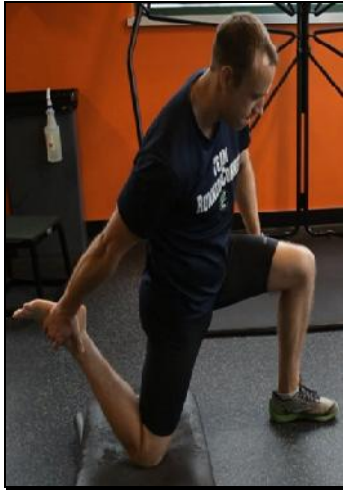


Start by lying on your back. Loop the rope around your foot and ankle so your leg rotates slightly outward. Cross your opposite leg across the leg to be stretched and put that foot flat on the ground. Contract your adductors and pull your leg across the mid-line of your body and gently pull the rope to increase the stretch (Figure 1). Hold the stretch for 2 seconds and repeat 10 times with each leg.





Quads



Start from a kneeling lunge. Bend back knee and grasp foot with the same-side hand. Bend one knee fully and grasp the ankle with your free hand. Contracting the hamstrings and glutes, pull your leg back until you feel a good stretch in the front of your thigh. Be sure not to arch your back. Hold the stretch for 2 seconds before releasing the stretch and repeat 10 times with each leg.

