

#10.

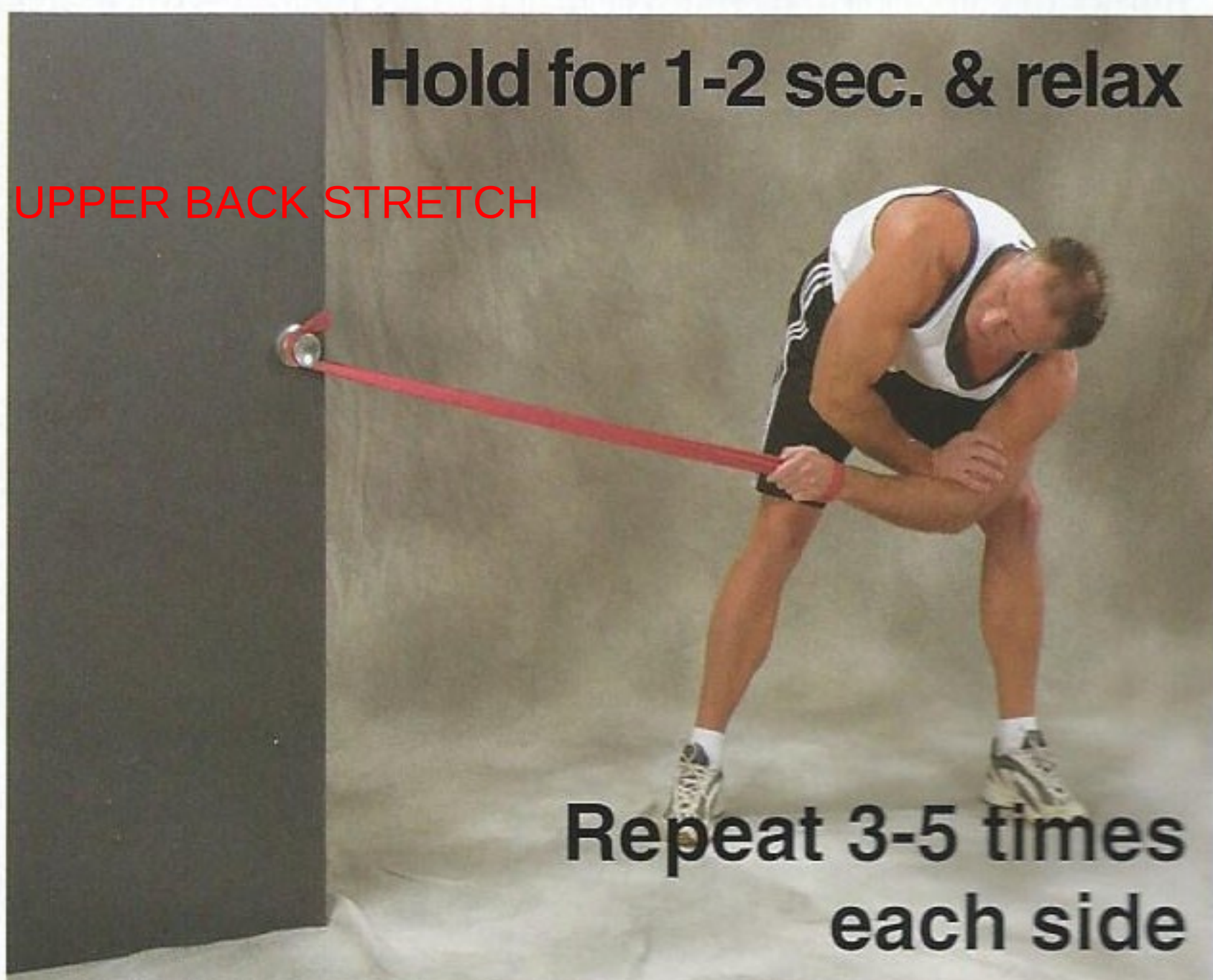
Lift head upward



NECK STRETCH

Repeat 3-5 times

- #12. **Attach band to sturdy door knob**
Step away until band is taut
Allow band to gently pull shoulder
Arm should be relaxed & straight



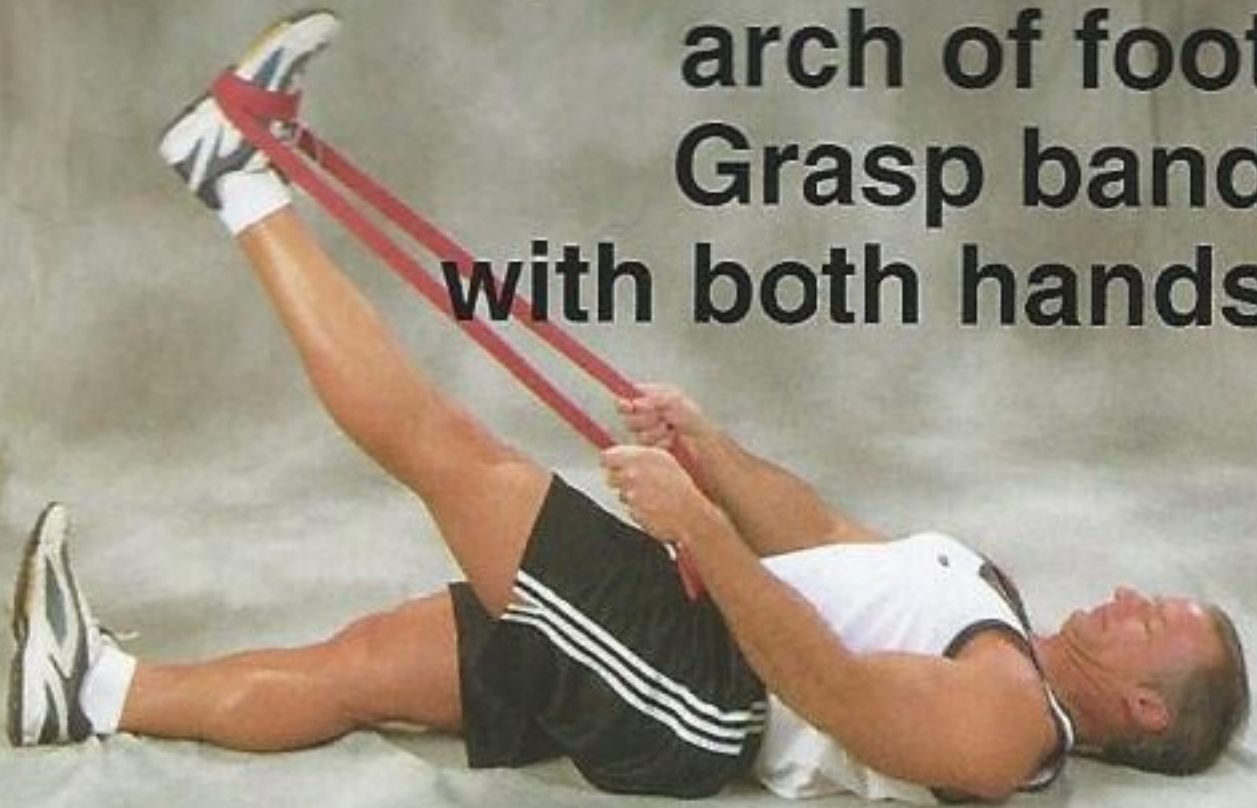
Place both hands through band
Grasp each side & stretch
Hold for 1-2 sec.



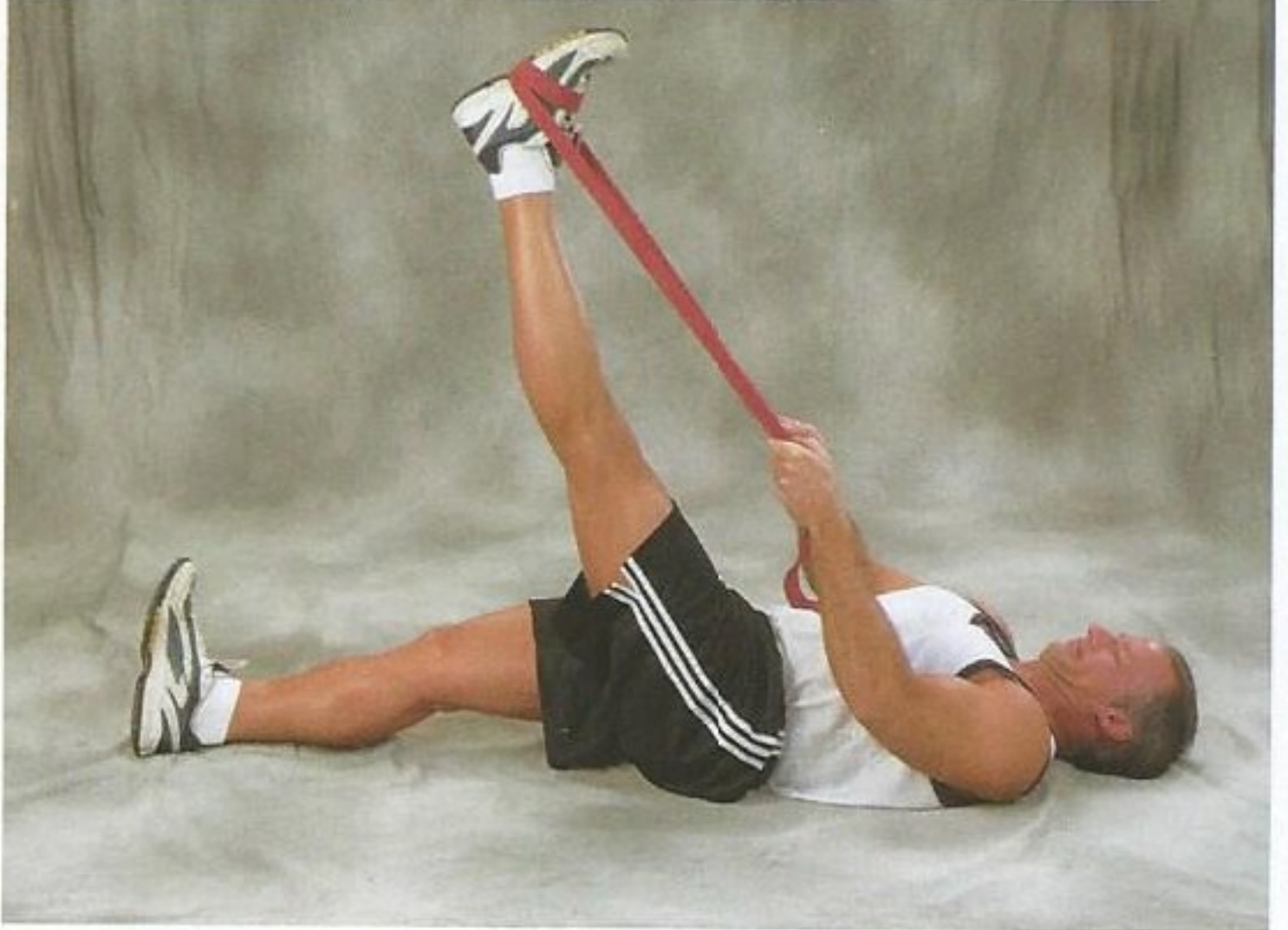
upwards
own
and

es

**Loop band around
arch of foot
Grasp band
with both hands**

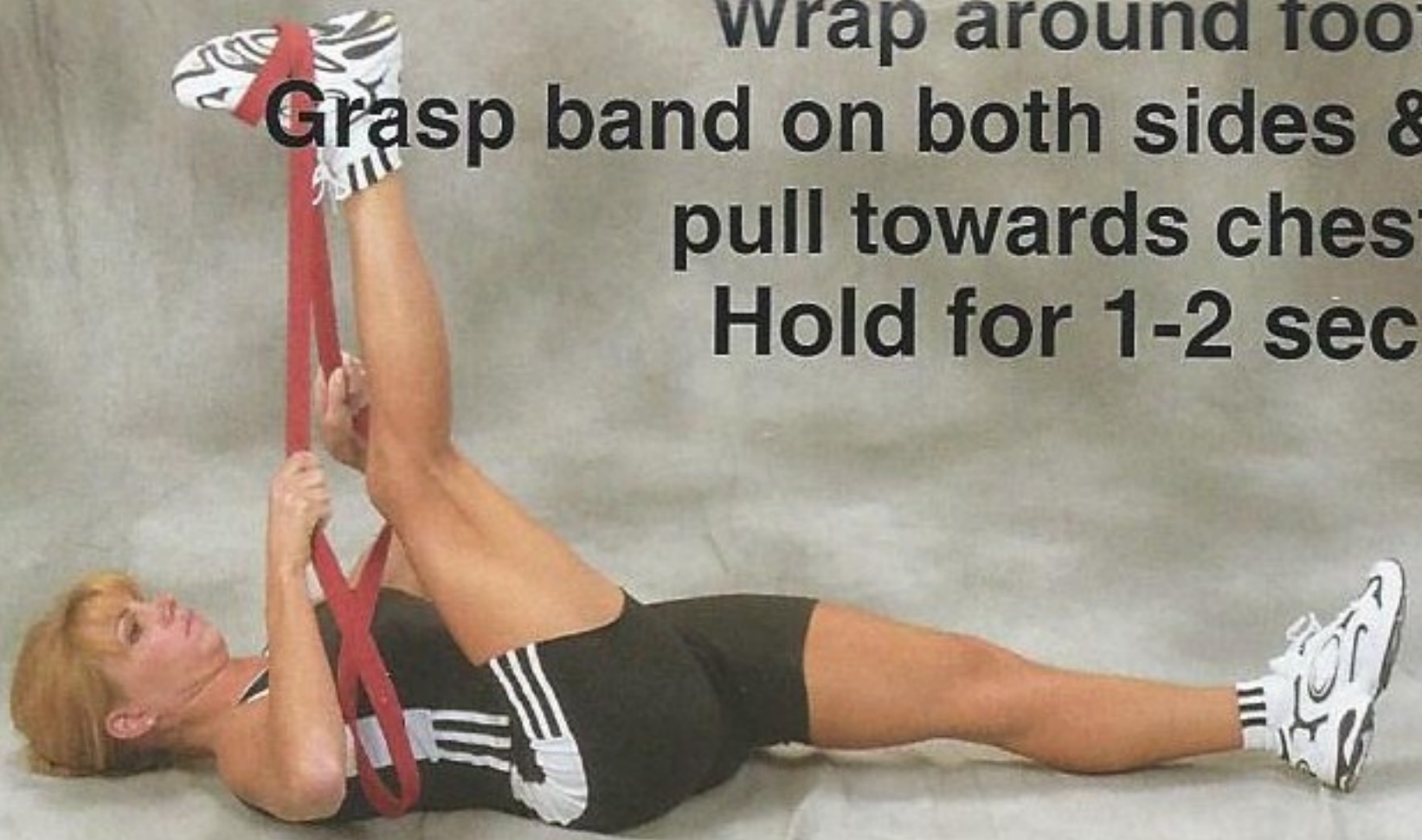


HAMSTRING STRETCH



**Pull foot towards chest
Extend leg until straight
Hold for 1-2 sec.
Lower leg to starting position
against resistance
Repeat 10 times
Repeat with opposite leg**

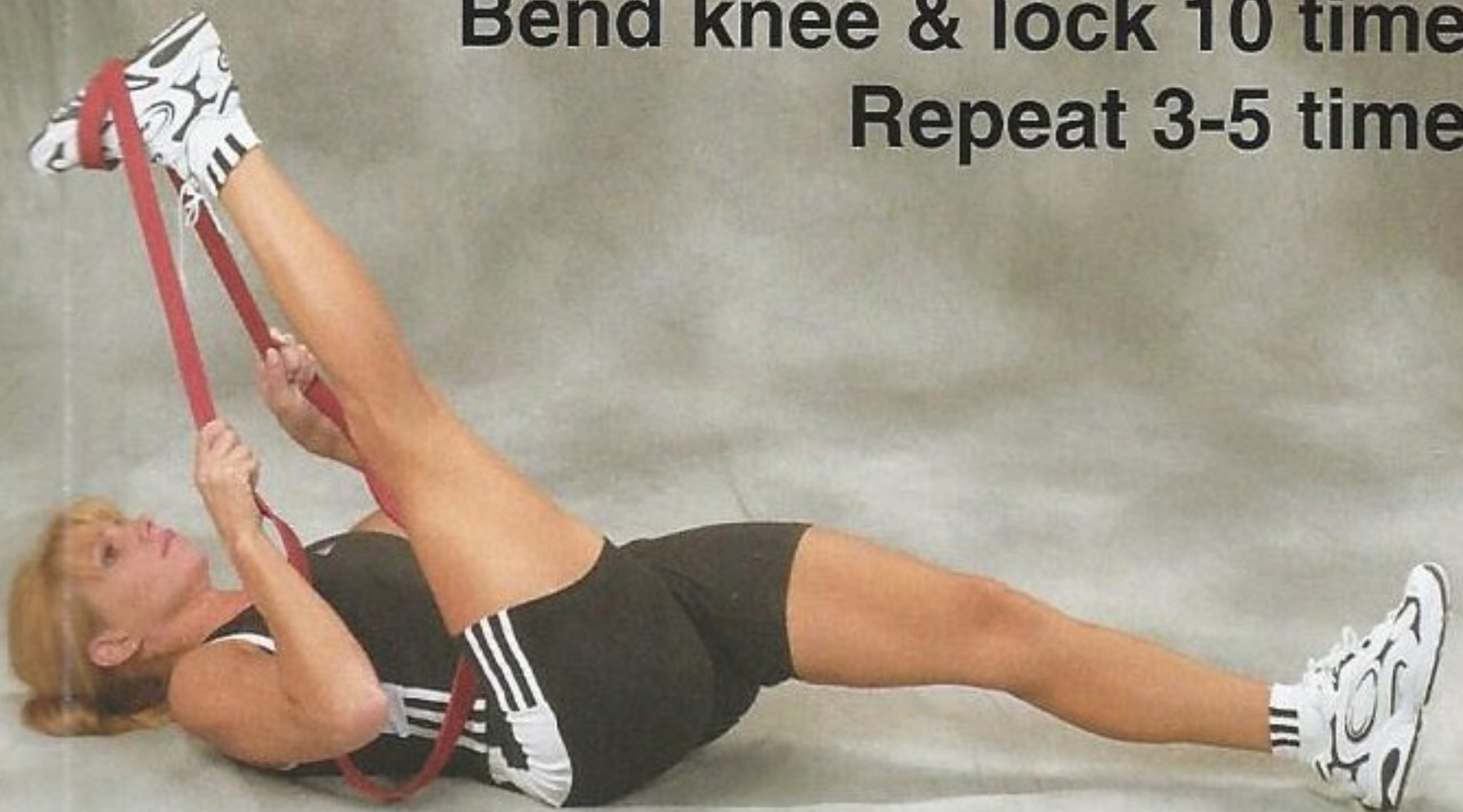
F.



**Wrap around foot
Grasp band on both sides &
pull towards chest
Hold for 1-2 sec.**

HAMSTRING STRETCH

**Bend knee & lock 10 times
Repeat 3-5 times**



Repeat with opposite leg

E.

On same side pull leg towards shoulder until you feel resistance

GROIN STRETCH



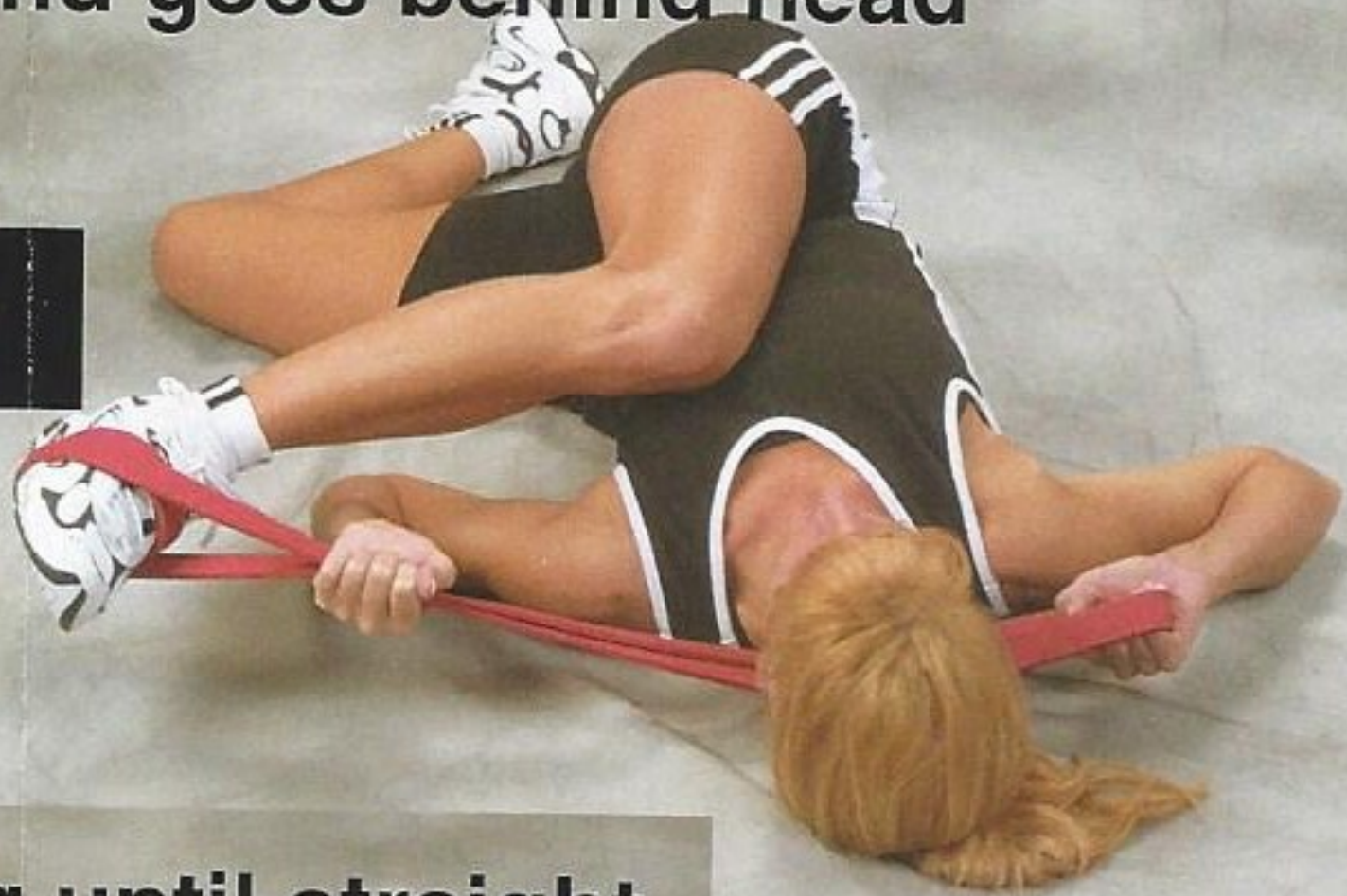
**Extend leg until straight
Hold for 1-2 sec.
Bend knee & lock 10 times**

Repeat with opposite leg

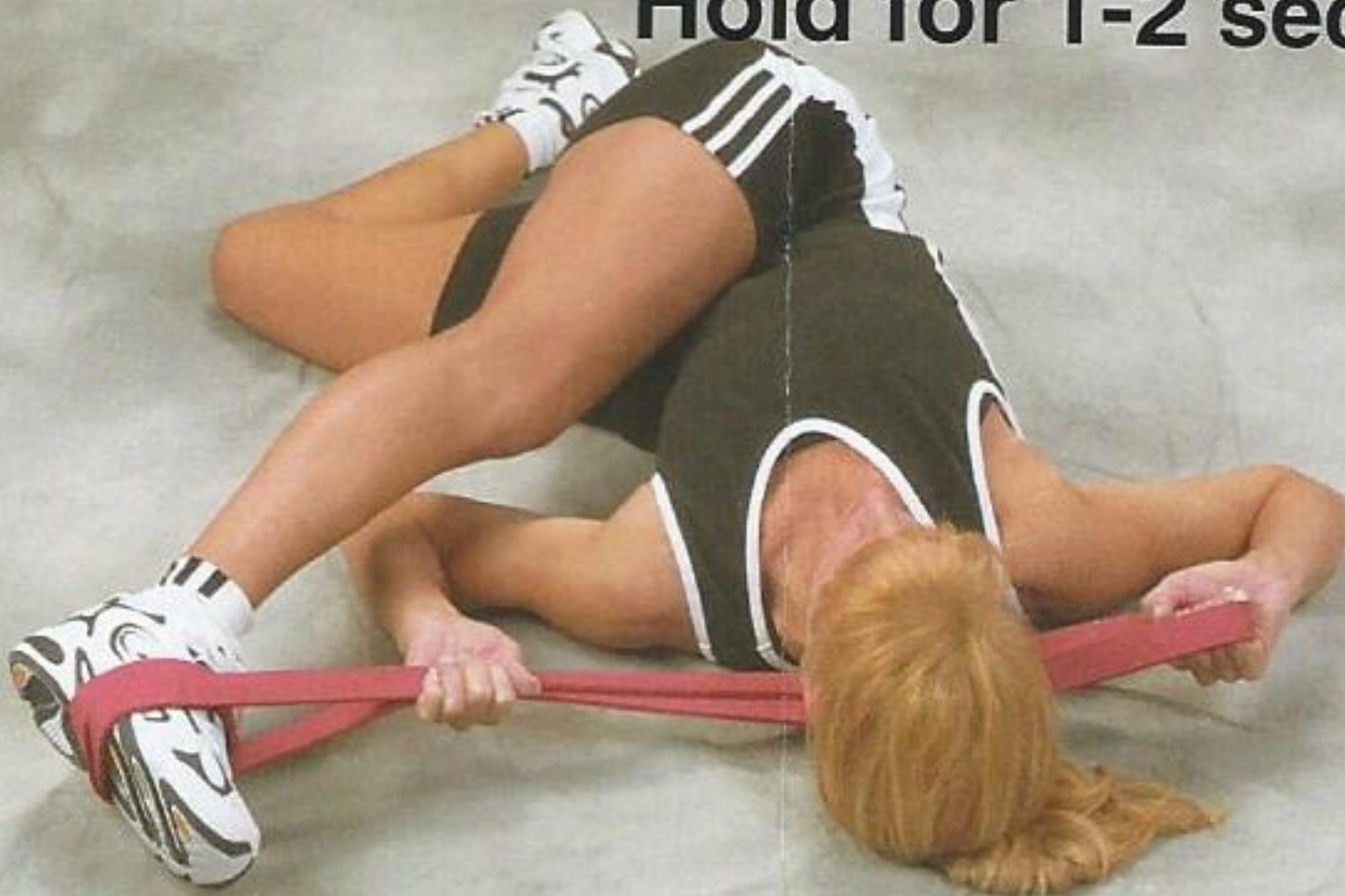
D .

Lie on back Loop band around foot
Band goes behind head

IT - Band STRETCH



Extend leg until straight
Hold for 1-2 sec.

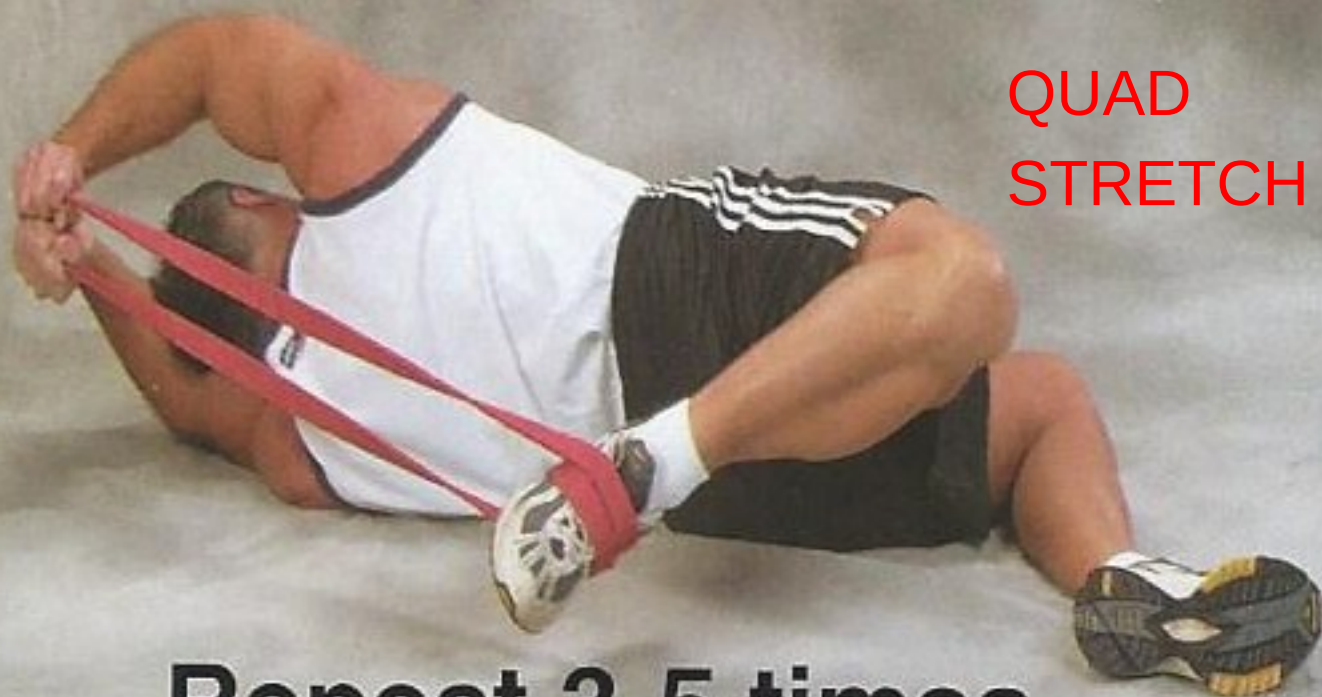


Bend knee & lock
10 times

Repeat with opposite leg

**Roll over onto side &
Pull from behind head
Repeat with opposite leg**

**QUAD
STRETCH**



Repeat 3-5 times

G.

QUAD STRETCH

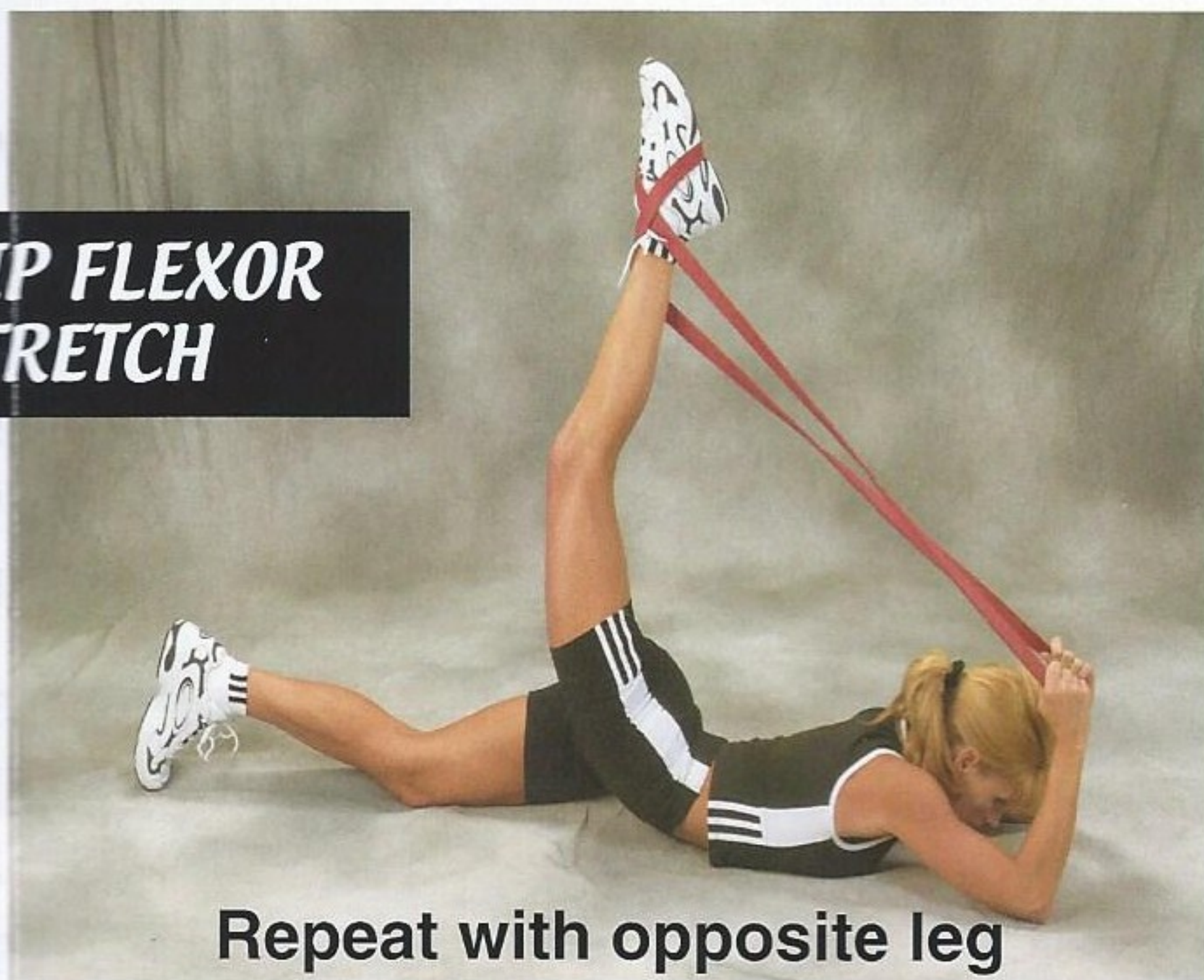
Lie on stomach
Grasp band over head
Bend leg at knee



H.

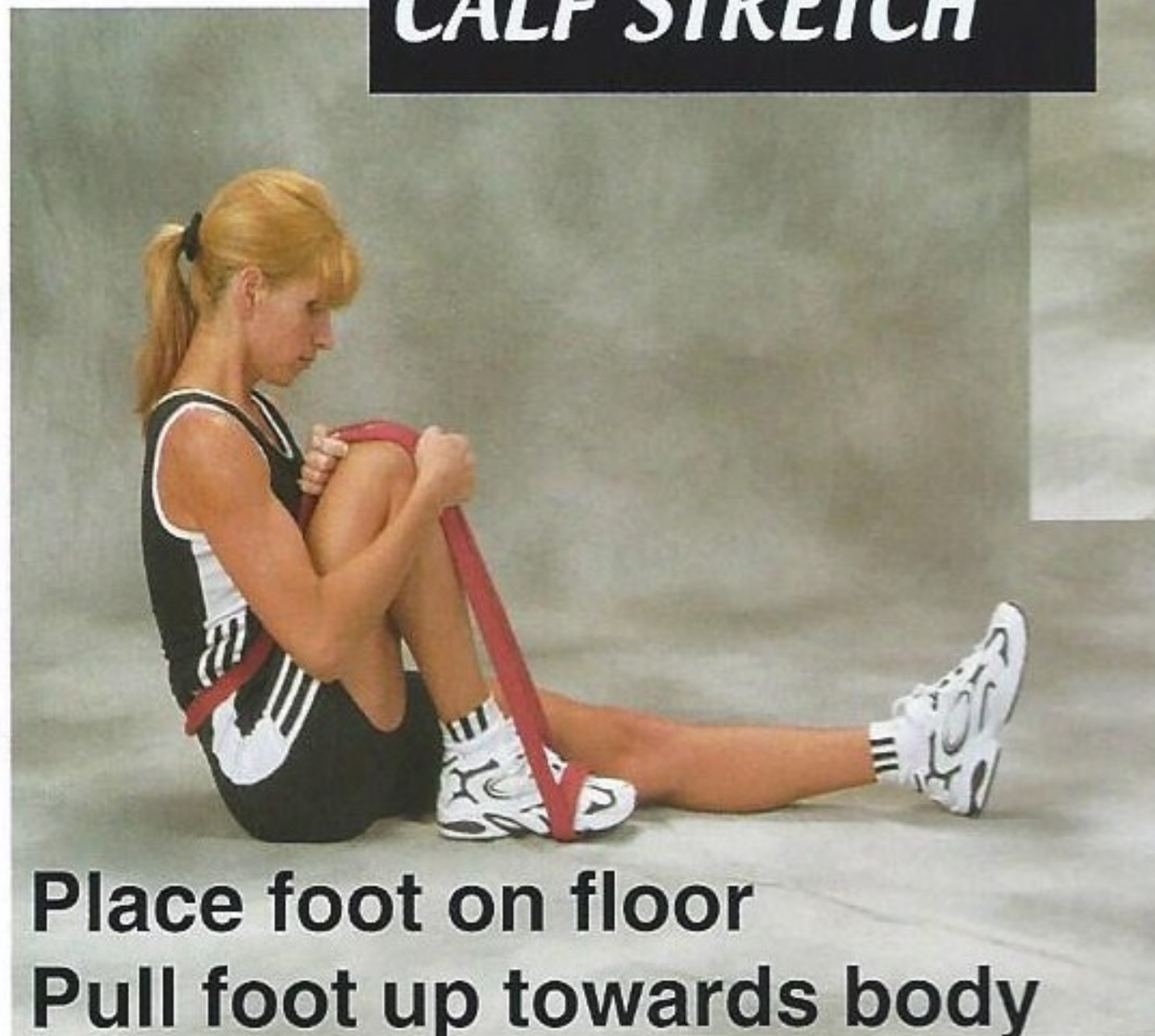
Lift leg above head
until you feel resistance
Build up to full extension

HIP FLEXOR STRETCH



Repeat with opposite leg

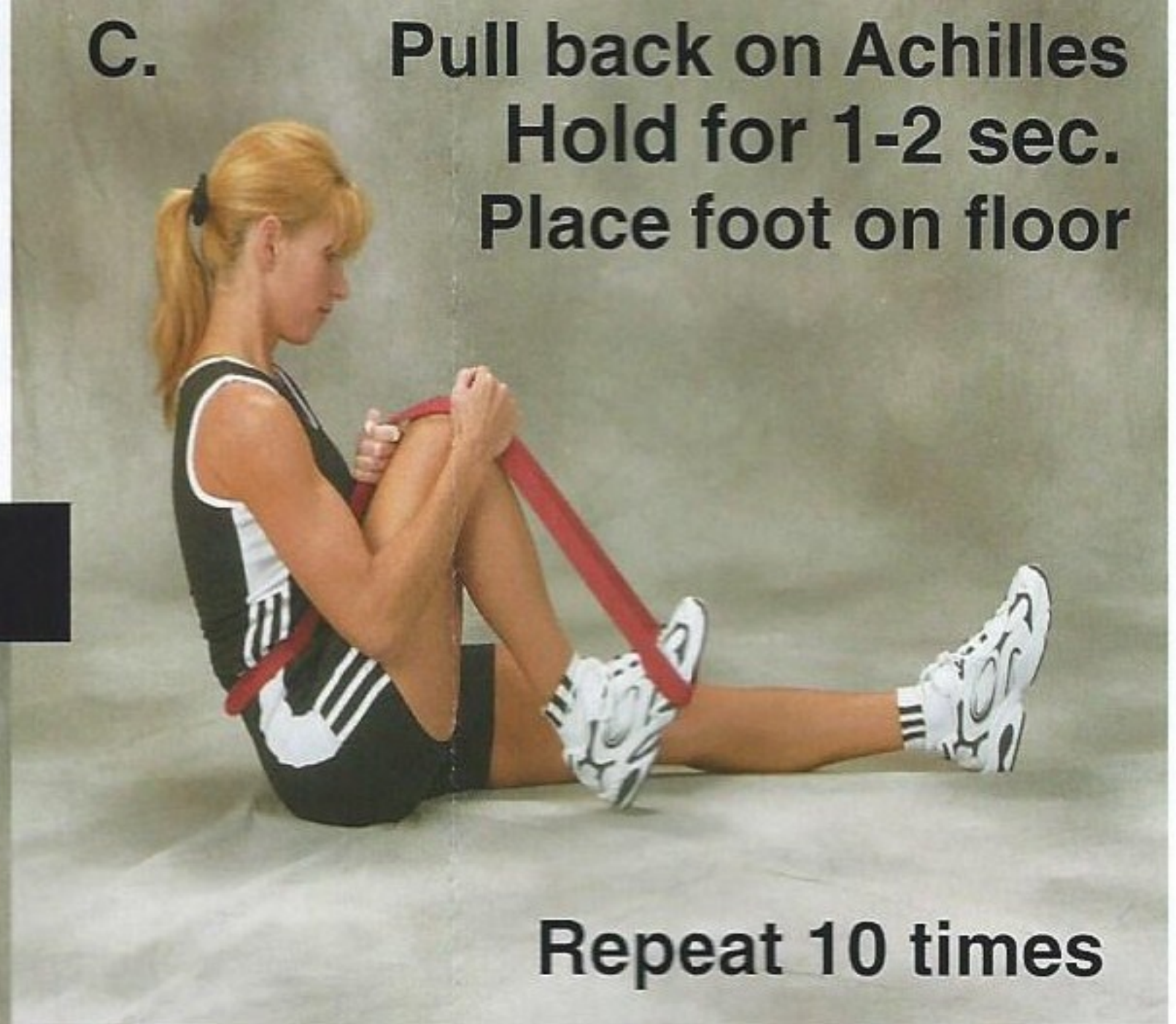
CALF STRETCH



**Place foot on floor
Pull foot up towards body
Hold for 1-2 sec.**

**Extend leg
Pull back on Achilles
with both hands
Hold for 1-2 sec.
Repeat 10 times
Repeat whole exercise
with opposite leg**

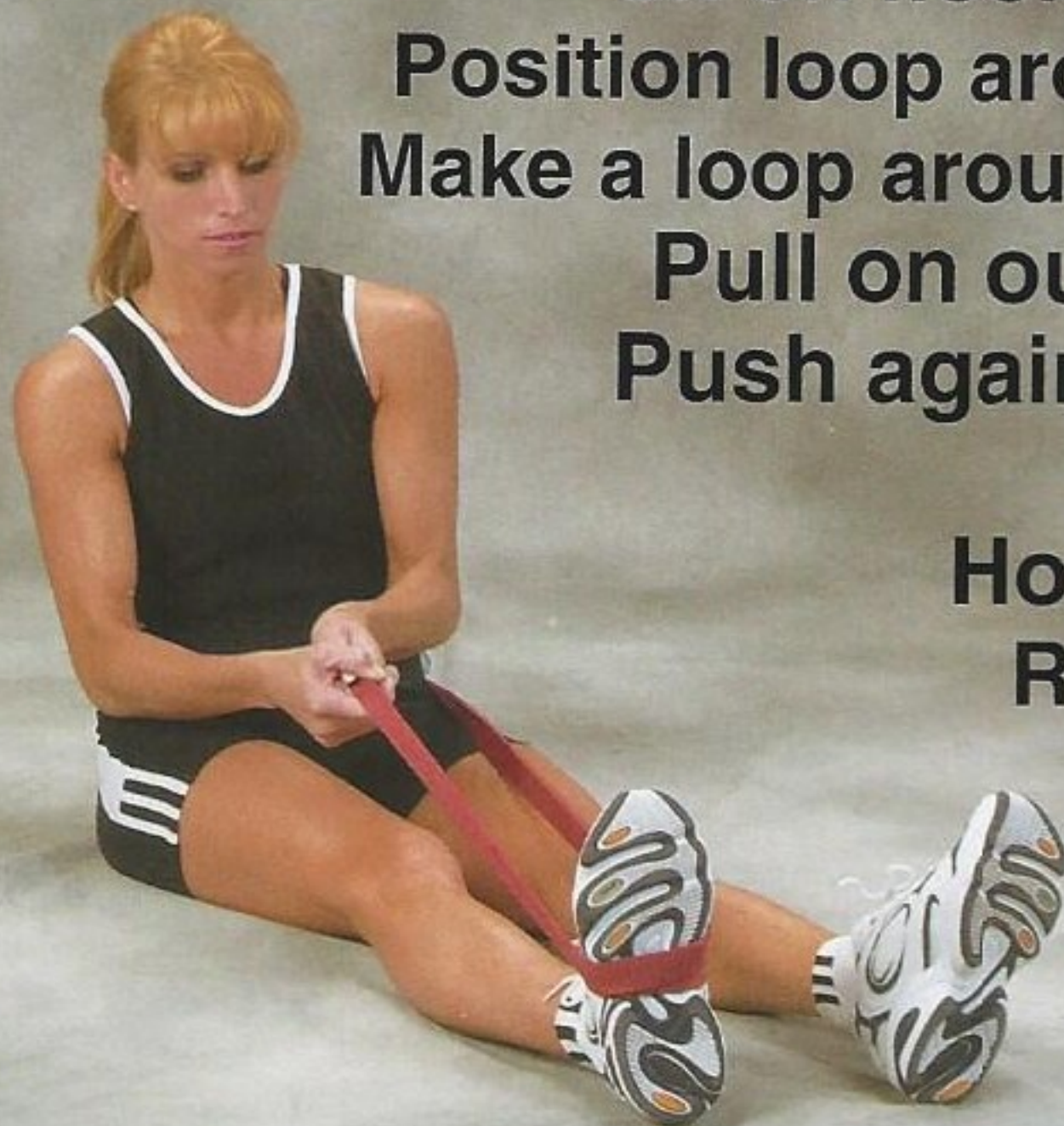
**C. Pull back on Achilles
Hold for 1-2 sec.
Place foot on floor**



Repeat 10 times



A.



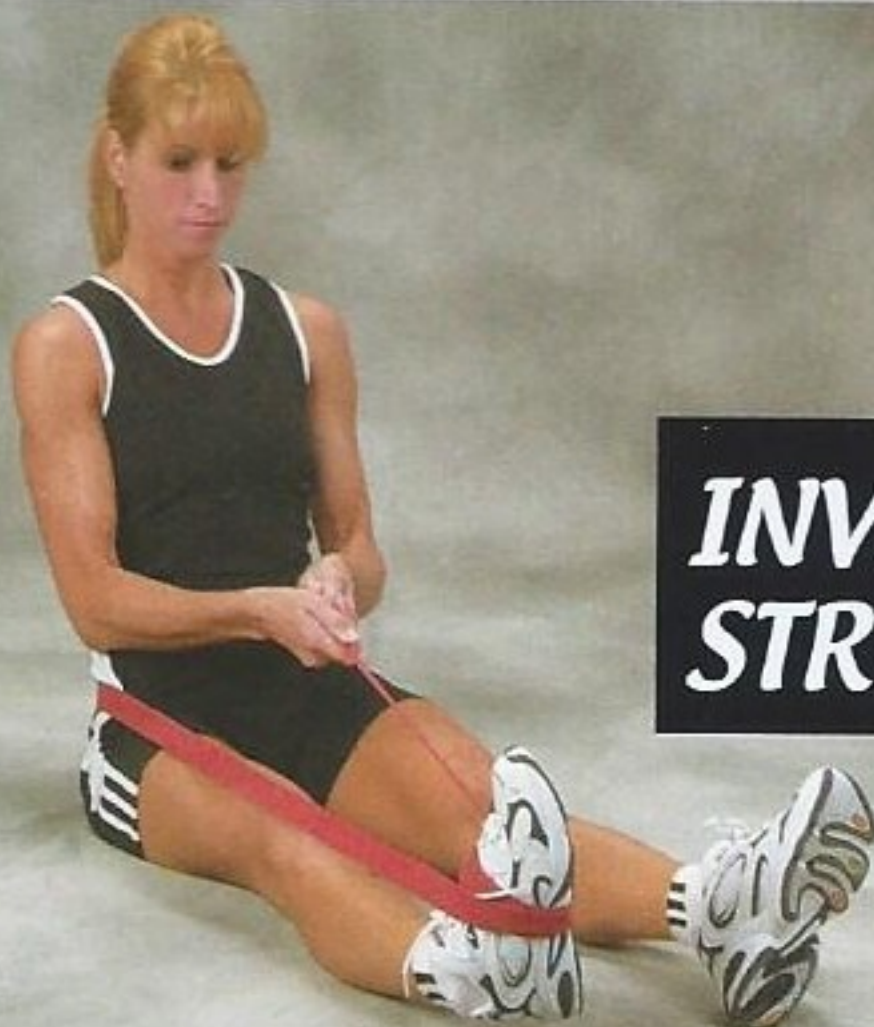
Sit on floor, inside of loop
Position loop around waist line
Make a loop around arch of foot
Pull on outside of band
Push against resistance
inward

Hold for 1-2 sec.

Repeat 10 times

Repeat with
opposite leg

***EVERSION
STRETCH***



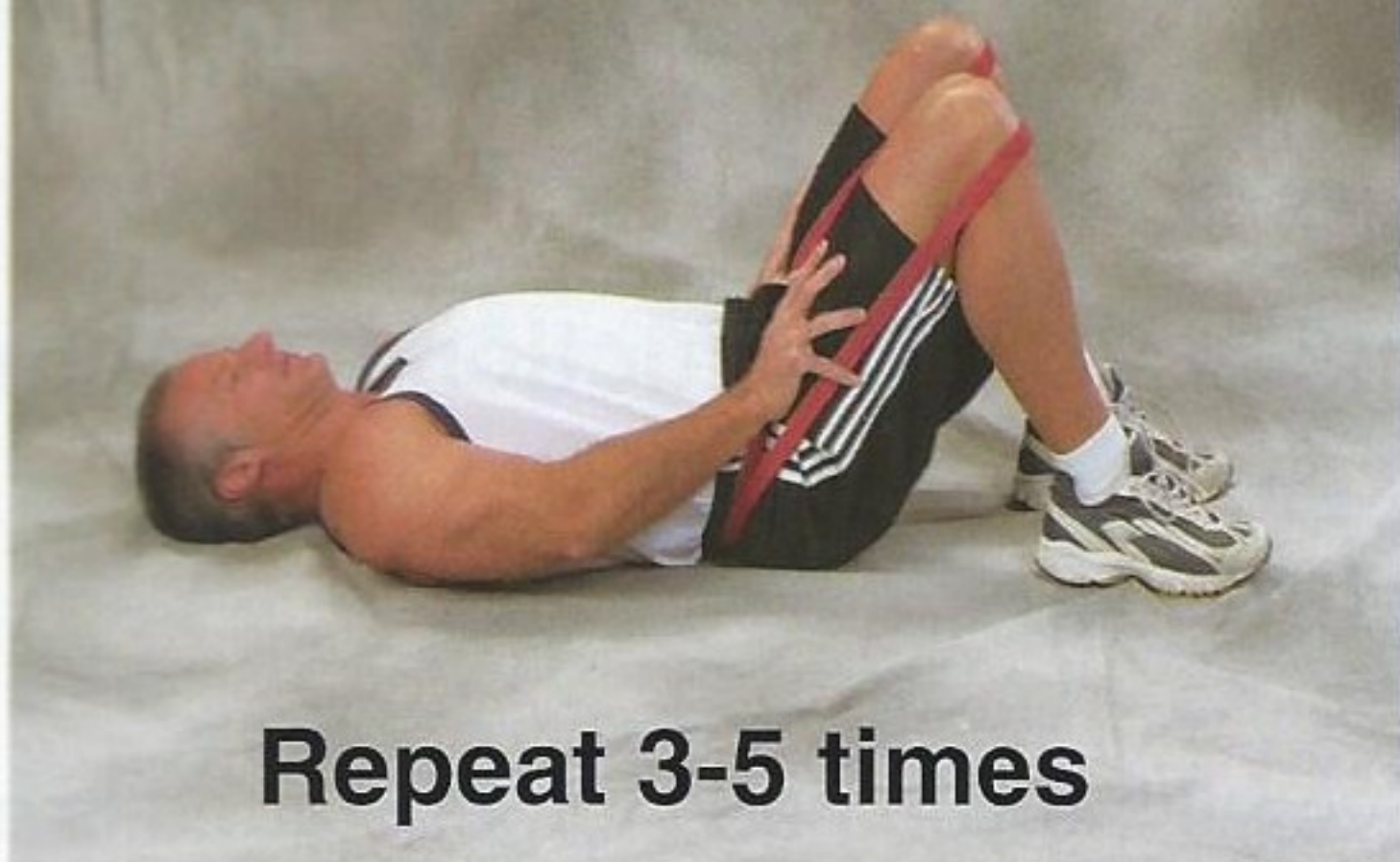
***INVERSION
STRETCH***

B. Pull on inside of
band
Hold for 1-2 sec.
Push against
resistance
outward
Hold for 1-2 sec.
Repeat 10 times

Repeat with opposite leg

#1.

**Push on thighs
Hold for 1-2 sec.**



#2.

**Pull right leg to chest
Hold for 1-2 sec.
Repeat 3-5 times**



#3.

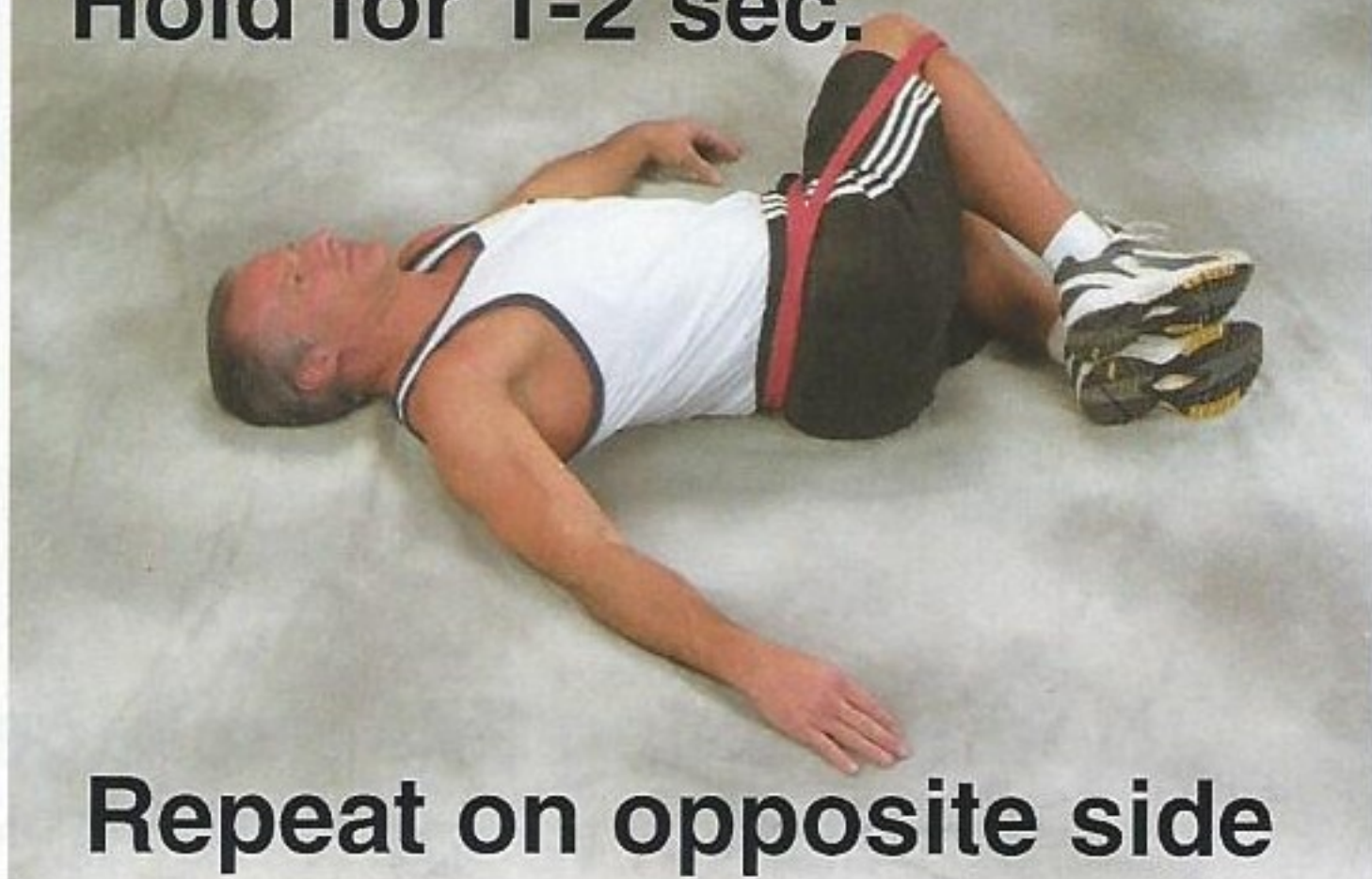
**Pull both legs to chest
Hold for 1-2 sec.**



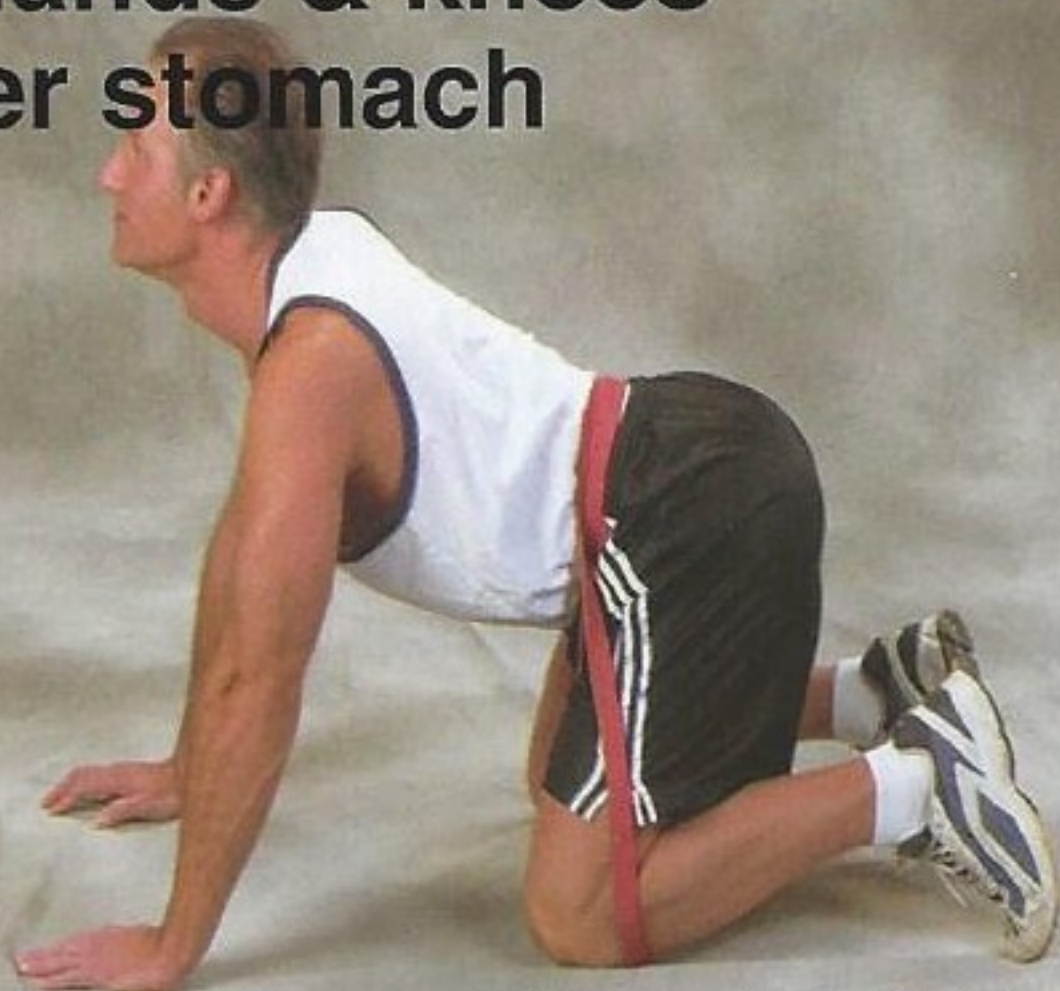
*** WARNING:
NEVER lower both legs to floor
at same time.**

#4.

**Keep shoulders on floor,
Rotate legs to left
Hold for 1-2 sec.**

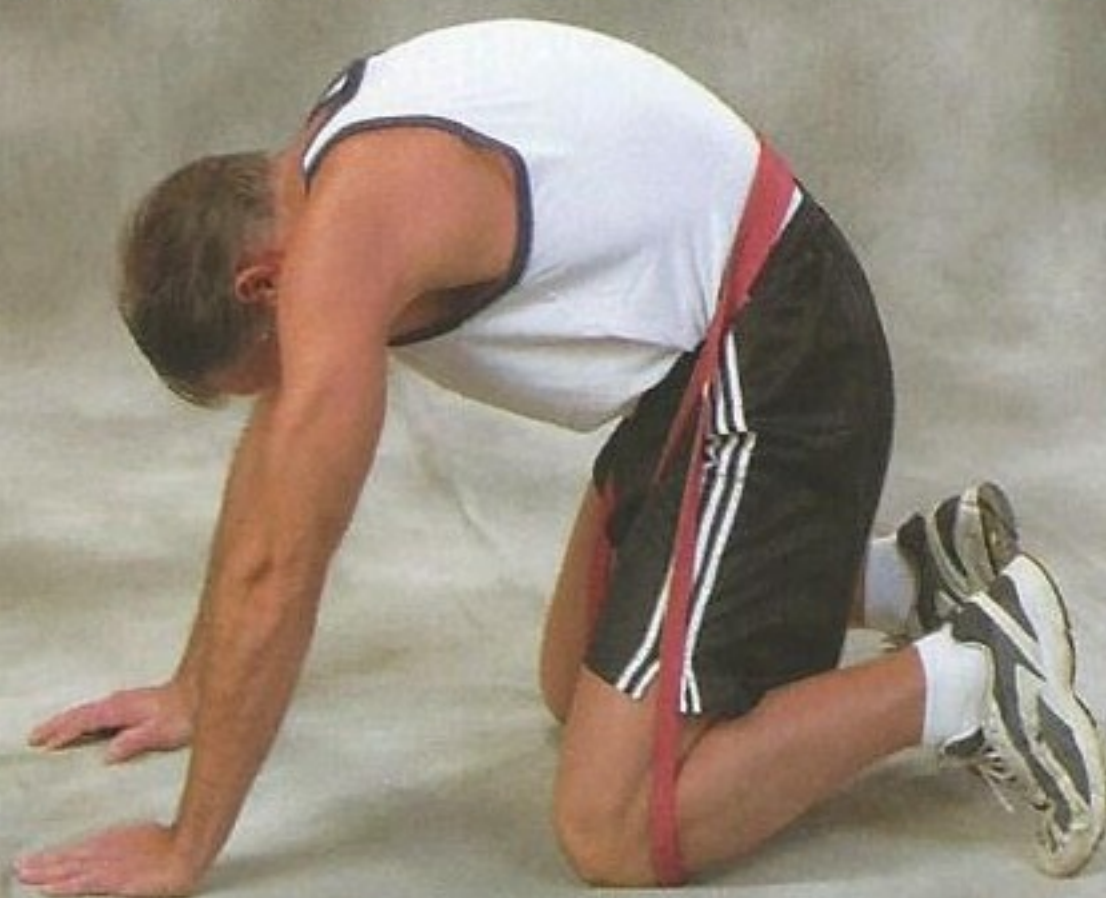


**On hands & knees
lower stomach**



Hold for 1-2 sec./Repeat 3-5 times

Arch back



Hold for 1-2 sec./Repeat 3-5 times