



Notes:

Hip Flexors / High Lunge

Standing feet shoulder width apart and toes pointed forward. Step one foot forward into a lunge position staying up on the toe of the back foot. Keeping upper body upright and pelvis square, attempt to straighten the back knee to feel a stretch in the front of the thigh and hip.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Short Adductors Seated

Sitting on floor with soles of feet together. Rock pelvis forward so as to be sitting on your 'sit bones'. Keep upper body tall, gently allow knees to drop towards the floor to feel a stretch in the inner thigh.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Lumbar Extension - Ball

Lying on back over gym ball with head supported on ball. Hang hands overhead and/or out to the sides and let spine relax and conform to the ball. Slowly roll back and forth to get the full length of your spine relaxed.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Hip Flexors / Low Lunge

Down on one knee in a lunge position so that knees remain shoulder width apart, back toe is turned inward and shin is on the floor. Lunge position should be long enough so that the front knee should not bend past 90°. Keep upper body square and upright and gently tuck pelvis under to feel a stretch in the front of the hip and thigh.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Adductors - Wall Splits

Lying on back with buttocks up against wall and legs up the wall.
Allow legs to drop out sideways along wall into a splits position.
Keep toes pulled back feel a stretch in the inner thigh.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Gastrocs - Step

Standing tall with ball of foot on edge of stair or block.
Drop heel over edge to feel stretch in the calf.

To improve flexibility at the ankle joint.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Fig.4 Knee to Chest - Supine

Lying on back, knees bent with feet flat on the floor.
Cross one ankle onto opposite knee.
Bring the knee (that is under the ankle) straight up towards the same side shoulder to feel a stretch in the buttocks.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Calf / Runners Stretch - Ball

Lying on stomach over ball with feet outstretched behind.
Raise up onto toe of one foot, resting opposite foot on top.
Roll gently backward on the ball supporting upper body with the arms to feel a stretch in the calf.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Warrior Stretch With Twist

Keep back straight. Lunge forward, twist and reach overhead. Keep a neutral spine.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Quads Standing

Standing tall, raise one heel toward buttocks (grasp above ankle joint). Pelvic tilt and squeeze buttocks to extend hip back slightly to feel a stretch in the front of the thigh. Can support body with hands on a chair, to avoid bending forward.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Tibialis Anterior

Standing, place top of foot on floor behind you. Bend knees slightly. Pull as though you are dragging top of foot along floor to feel a stretch in the shin.

To improve flexibility and mobility in the ankle.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

QL Side Bend Reach

Standing or sitting in readiness position. Slowly bend to one side, without rotating, bringing one arm overhead. Keep hand that is above head slightly forward and always in view. Support upper body with opposite hand on hip. Feel a stretch in the side of the low back.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Lats / Rot. Cuff Self Traction

Stand at a 45° facing a closed door with one foot in front of the other in a lunge type position. Reach forward and grasp doorknob then slowly sit lower body down and backward to feel a stretch in the back and side of the shoulder.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Pectorals - Corner / Doorway

Facing corner or standing through a doorway. Place forearms on each wall at shoulder height. Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Triceps

Sitting tall, place one hand behind neck. Use opposite hand to grasp elbow and try to slide finger tips further down spine to feel a stretch in the back of the upper arm.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Traps - Self Traction

Sitting tall, grasp back edge of a chair with hand of side to be stretched. Turn head toward that same side and lean head and body away to feel a stretch in the side of the neck.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Adductors - Standing Side Lunge

Standing, toes pointed forward, step out sideways into a side lunge position.

Bend upper body forwards, keeping back flat and stabilizing upper body with hands on floor or by holding a chair.

Shift weight from side to side, holding each way, to feel a stretch in the inner thigh and groin area.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Standing Hamstring Stretch

Bend forward at the hip (Hip Hinge) without bending at the knees. Be sure not to round the back as depicted in the second picture.

Sets:	2-3
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Posterior Capsule Stretch

On your side with arm out so that shoulder is aligned with elbow bring forearm up to a 90 degree angle. With opposite arm push wrist down to floor. Lean upper body toward floor until stretch is felt.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31