



**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:



**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:



**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:



**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:	
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:



**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

Notes: