

LEG STRETCHES

Calf Stretch			
<p data-bbox="305 310 386 338">Inhale</p> <p data-bbox="204 537 487 709">Hold on to a chair, wall, or pole. Place one foot forward with the front knee slightly bent.</p>	<p data-bbox="610 310 703 338">Exhale</p> <p data-bbox="526 537 789 709">Shift the hips down and slightly more forward. Make sure that both feet remain flat on the floor.</p>	<p data-bbox="837 310 1094 380">Repeat for the other leg.</p>	

Hip/Gluteal Stretch

Quadriceps Stretch Exhale	Inhale		
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Lift the knee and grab the ankle.

Drop the knee downward and pull the ankle up toward