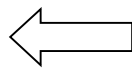
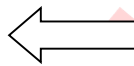
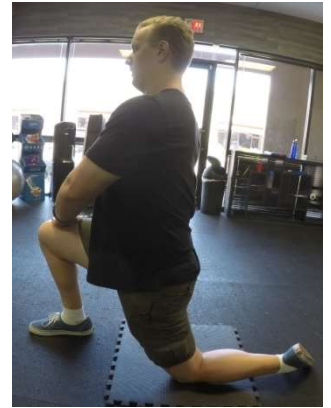
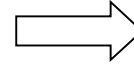


Stretching handout: These stretches are best to be done before and/or after a workout, morning and night. Doing throughout the day can also assist with pain and tension and help to relieve muscle imbalances



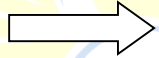
Hamstring stretch: Use an elevated flat surface that is at a comfortable height. Place heel on the surface with your hips squarely facing. Point the toe of the stretching foot toward you. Push your butt back as if you were going to sit. Hold position for 30-60 seconds repeat for both legs.

Hip Flexor Stretch: With one knee on ground and other leg forward. Lean forward into the front leg, while contracting your ab muscles and squeezing the glute (butt muscle) of the back leg. Hold position for 30-60 seconds repeat for both legs.



For a deeper stretch, raise arm on the side of the back leg up above your head. Then place elbow of the arm on the side of the forward leg inside of the knee of the forward leg. While doing this turn toward your back leg and continue to contract your abs and glutes.

Calf Stretch: Find a step or object 1-3 inches in height that you can comfortably place the ball of your foot on. Start with the other foot next to the stretching foot. If



more of a stretch is needed step forward with the outside foot until a stretch is achieved. Hold position for 30-60 seconds repeat for both legs.



Glute Stretch: While seated, cross one leg over the other by placing the ankle of the crossing leg past the knee of the supporting leg. From this position work to get the crossing leg level with the ground. If more stretch is needed, bend forward from the hip keeping the spine straight. Be sure not to bend at the waist or collapse your shoulders as this will reduce the effectiveness of the stretch.

For a video tutorial of these stretches scan the QR code to access the step by step video instructions on our YouTube channel.

