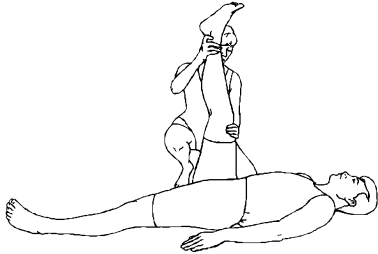
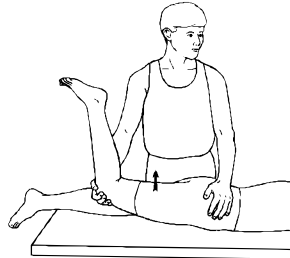


HAMSTRINGS - 10 Leg Raise With Partner



Keeping the leg straight, have partner slowly raise leg until stretch is felt. Hold 20 seconds. Repeat with other leg. Repeat 2 times. Do 1 sessions per day.

UPPER LEG - 8 Rectus Femoris



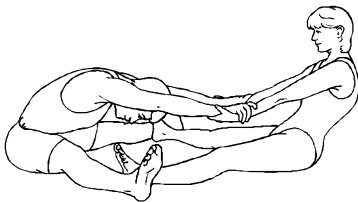
From lying position, have partner gently raise leg until stretch is felt. Hold 20 seconds. Repeat with other leg. Repeat 2 times. Do 1 sessions per day.

HAMSTRINGS - 9 Forward Bend With Partner



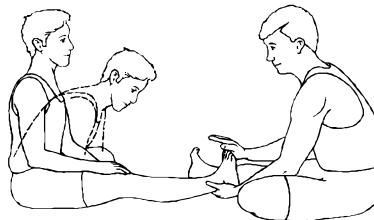
Pull trunk forward over leg until stretch is felt. Have partner gently apply pressure to increase stretch. Hold 20 seconds. Repeat over other leg. Repeat 2 times. Do 1 sessions per day.

GROIN - 10 Thigh Adductors



Partner places feet inside legs at ankles. Partner gently pulls trunk forward and pushes legs apart until stretch is felt. Hold 20 seconds. Repeat 2 times. Do 1 sessions per day.

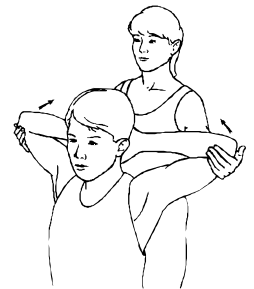
LOWER LEG - 15 Gastroc / Plantar Fascia



With heel in partner's hand, have partner gently push toes toward trunk until stretch is felt. Hold 15 seconds. To increase stretch, gently lean forward. Repeat with other leg. Repeat 2 times. Do 1 sessions per day.

CHEST - 7 Pectorals

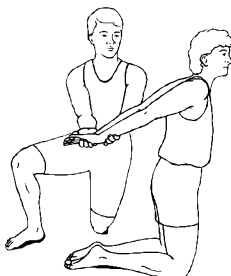
Clasp hands behind head. Have partner pull arms back until stretch is felt. Hold 20 seconds.



Repeat 2 times. Do 1 sessions per day.

ARMS - 5 Biceps

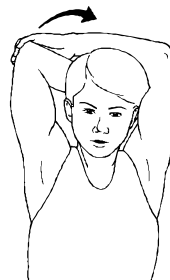
Place arms behind back with hands together as shown. Partner should then raise hands until stretch is felt. Hold 20 seconds.



Repeat 1 times. Do 1 sessions per day.

ARMS - 8 Triceps

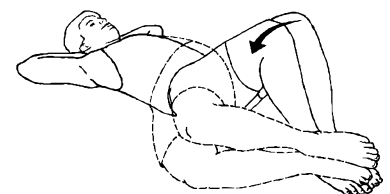
Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 20 seconds.



Repeat 1 times. Do 1 sessions per day.

LOWER BACK - 7 Lumbar Rotators

Keeping back flat and feet together, rotate knees to one side. Hold 20 seconds. Repeat to other side. Repeat 2 times. Do 1 sessions per day.



NECK - 10 Side Benders

While tilting head to the left, pull right arm down with left hand until stretch is felt. Hold 20 seconds. Repeat to other side.



Repeat 2 times. Do 1 sessions per day.