



STRETCH ROUTINE:

Recommended 1-2 Times a Week

HOLD Ea For Min 30-45 Sec Count

1. V Sitting Stretch: Middle... R, L
2. Single Leg “Hurdler”
3. “TAKE A KNEE” Hip Flexor Stretch... Lean Into Upright Leg... Not Allowing Knee To Go Past Toe
4. Same Pose... Straighten Leg For Hamstring Stretch
5. On Back Raise R or L Leg, Bring Opposite Leg Cross Body... Opposite Hand Grabs Leg/Knee, Other Holds Foot... Pull To You(If low flexibility DO NOT hold foot, Just knee leg cross body)
6. On Back, Bring Both Knees To Chest, Do Circles W/Lower Back...Both Directions
7. “Standing V”, R,L Middle
8. Standing Quad Stretch, R,L
9. Standing Wall Calf Push...Straight Leg To Bent
10. CPT. MORGAN POSE, KNEE PRESS TO TOE REACH