



**Kneeling hip flexor stretch:**

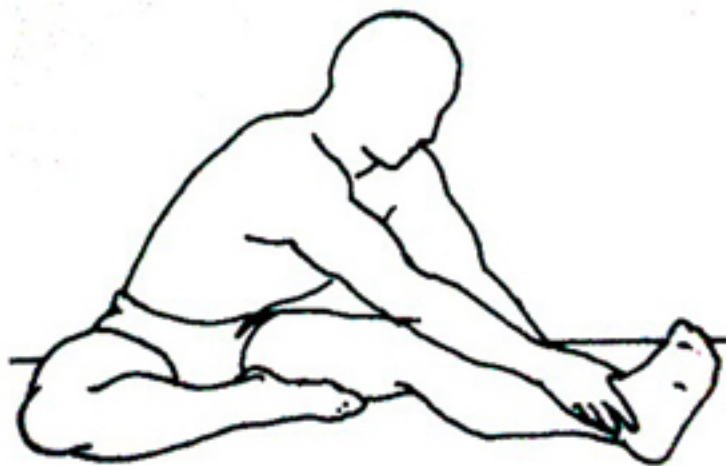
FROM THE KNEELING POSITION, BRING YOUR RIGHT FOOT FORWARD MAKING SURE YOUR RIGHT KNEE IS DIRECTLY OVER YOUR RIGHT ANKLE AND YOUR RIGHT HIP IS BENT TO ABOUT A 90 DEGREE ANGLE. ENGAGE YOUR CORE AND PULL YOUR SHOULDER BLADES BACK AND DOWN WITHOUT ARCHING YOUR BACK. LEAN FORWARD INTO YOUR RIGHT HIP WHILE KEEPING YOUR LEFT KNEE PRESSED INTO THE GROUND. DO NOT ALLOW YOUR PELVIS TO TIP FORWARD. *HOLD FOR 30 SECONDS AND SWITCH SIDES.*



**Standing quad stretch:**

STAND WITH YOUR FEET HIP WIDTH APART. BEND YOUR LEFT LEG AND BRING YOUR HEEL TOWARD YOUR GLUTES. GRASP YOUR LEFT FOOT WITH YOUR RIGHT HAND.

*HOLD FOR 30 SECONDS AND SWITCH SIDES*



**Seated hamstring stretch:**

SIT ON THE FLOOR WITH THE LEG TO BE STRETCHED OUT STRAIGHT AND OTHER ONE BENT OUT OF THE WAY. LEAN FORWARD AT THE HIPS TO FEEL THE STRETCH UNDER YOUR THIGH. *HOLD FOR 30 SECONDS AND SWITCH SIDES.*