

Supine Rotational Quadratus Lumborum Stretch



Sets: 1 Reps: 2 Resistance: -- Hold: 39 seconds Rest: -- Times Per Day: -- Times Per Week: --

Description: Begin lying on your back. Bring your leg up toward your chest by bending at the hip and knee, and support it with both hands. Keeping your back flat on the floor, bring your leg across your body toward the opposite hip. You should feel a stretch in your side or buttock area. Hold as directed. Repeat as directed.

Comments: All stretches are gentle or mild, no pain or discomfort at any time. Do after each training session.

Long Sitting Hamstring Stretch

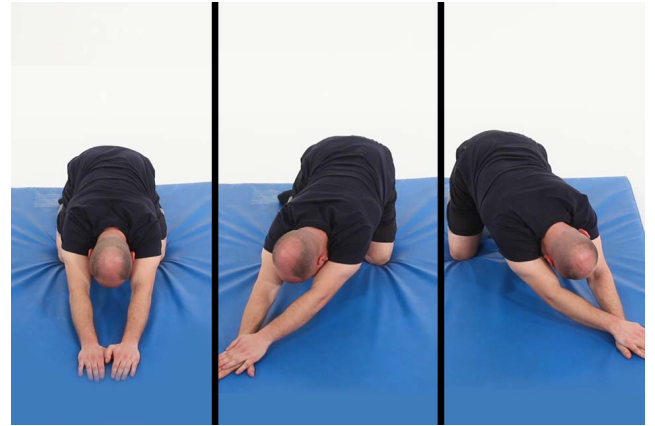


Sets: 1 Reps: 2 Resistance: -- Hold: 30 seconds Rest: -- Times Per Day: -- Times Per Week: --

Description: Sit with one leg straight out in front of you and the other bent at the knee and rotated out so that the sole of the foot tucks UNDER the knee of the straight leg, (this is note shown in the video). Sitting tall as though you being lifted by a thread in the center of your head. Keeping head up and chest out, pivot from the lowest part of your back whilst trying to keep the rest of your back tall aim to bring your chest towards your thigh and stretch your hands. The object is not to touch your toes, instead it is just to feel a mild stretch. You should feel a mild or gentle pull down the back of your leg in a group of

Comments: All stretches are gentle or mild , no pain or discomfort at any time. Do after each training session. Left leg out straight, reach with the right arm

Child's Pose Side Stretch

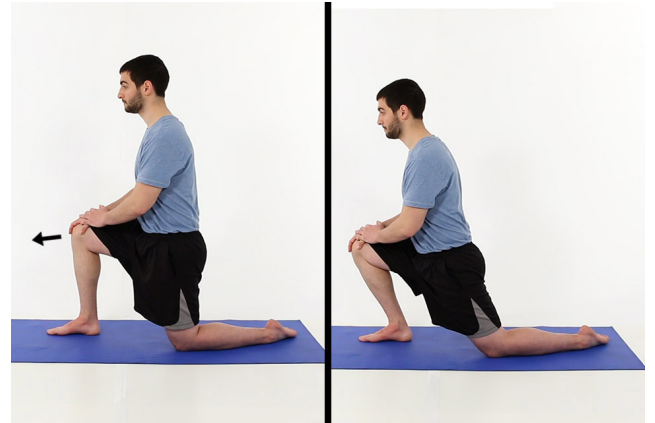


Sets: 1 Reps: 2 Resistance: -- Hold: 30 seconds Rest: -- Times Per Day: -- Times Per Week: --

Description: Starting Position: Start on your hands in knees in the quadruped position. Movement: Keeping your hands in position, slowly lower your buttocks towards your heels, bending at the hips and flexing the spine. Now bring both hands to one side for a lat stretch. To perform a stretch for the RIGHT lat bring your hands to the LEFT and push your RIGHT rib cage to the RIGHT to

Comments: This is a combination of 3 different stretches. Henry, please do twice in each direction front, right and left. All stretches are gentle or mild, no pain or discomfort at any time. Do after each training session.

Dorsiflexion Mobility Half Kneeling



Sets: 1 Reps: 2 Resistance: -- Hold: 30 seconds Rest: -- Times Per Day: -- Times Per Week: --

Description: Starting Position: Begin in half kneeling with ankle in front of you. Movement: Shift your body weight forward driving your front knee over your toe until you feel a stretch in the lower portion of your leg near the heel or slightly above it. Tip: Make sure you keep your front heel on the ground during the stretch. Hold and repeat as prescribed.

Comments: All stretches are gentle or mild, no pain or discomfort at any time. Do after each training session.

Half Kneeling Hip Flexor Stretch

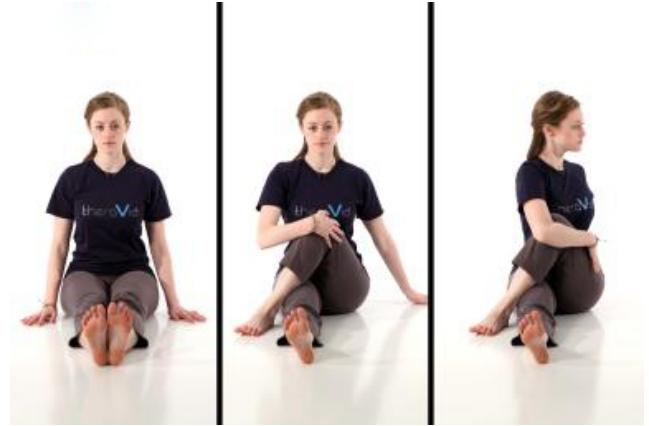


Sets: 1 **Reps:** 2 **Resistance:** -- **Hold:** 30 seconds **Rest:** -- **Times Per Day:** -- **Times Per Week:** --

Description: Begin in half kneeling. To stretch your right hip, kneel on your right knee. Gently shift your weight forward until you feel a stretch at the front of the hips. Hold and repeat as directed.

Comments: Keep front shin perpendicular to the floor/ground, move back knee away from opposite foot until you feel a stretch. This stretch is for the leg that has a knee down, the stretch should be felt in that thigh, maybe near the

Seated Gentle Spinal Twist



Sets: 1 **Reps:** 2 **Resistance:** -- **Hold:** 30 seconds **Rest:** -- **Times Per Day:** -- **Times Per Week:** --

Description: Begin seated on a mat with both legs straight. Bend one knee up and cross that leg over the other so that the sole of your foot is on the mat. Grasp the bent leg with the opposite arm, and place the other arm behind you. Keeping your back straight, rotate at your spine toward the bent leg side. Hold as directed. Repeat as directed.

Comments: All stretches are gentle or mild, no pain or discomfort at any time. Do after each training session.

Dynamic Quadriceps Stretch



Sets: 1 **Reps:** 2 **Resistance:** -- **Hold:** 30 seconds **Rest:** -- **Times Per Day:** -- **Times Per Week:** --

Description: Starting Position: Stand with both arms by your side. Movement: Slowly bend one knee bringing your heel toward your buttock, then reach back with the same hand and grab your ankle. Pull it towards your buttock with your hand. Slowly lower your leg to starting position. Take a step forward and then repeat the same on the other side. Tip: Make sure that you keep your torso straight and that you do not arch your back when reaching for your ankle to hold the quad stretch.

Comments: All stretches are gentle or mild, no pain or discomfort at any time. Do after each training session. Do not walk and stretch, instead stand while holding your shoe for 30 seconds. You can place the other hand on something for balance.

Calf Stretch off Step



Sets: 1 **Reps:** 2 **Resistance:** -- **Hold:** 30 seconds **Rest:** -- **Times Per Day:** -- **Times Per Week:** --

Description: Begin standing on a step with your hand on a railing for balance as needed. Bring the leg to be stretched backward so that the ball of your foot is lightly resting on the edge of the step. Keeping your knee straight, slowly shift your weight onto your back foot until you feel a stretch in your calf. Hold as directed. Return to starting position

Comments: Stand on a step with BOTH feet and stretch. All stretches are gentle or mild, no pain or discomfort at any time. Drop the heel and hold that position for 30 seconds, do not move up and down as she does. Do after each training session.