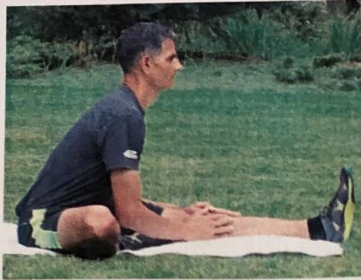


Static Stretches

Perform after you exercise. 1-2 sets of 30-second holds each position.



Hamstrings



Quadriceps



Piriformis



Gastrocnemius



Soleus

Hip Flexors



Standing - Pre-tilt



Standing - with Tilt



Standing - with Lunge



Kneeling Lunge