

STRETCHES

IP



- Rear knee on the ground
- Front knee at a 90 angle
- Elbows on front knee
- Back straight, tuck buttocks in

R : _____ x30s

L : _____ x30s

GLUTES



- Sitting
- One leg straight
- Other leg bent and crossed over
- Back straight

R : _____ x30s

L : _____ x30s

ITB

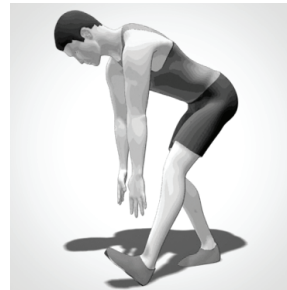


- Lean against wall, arm extended
- Tuck buttocks in
- Swing hips way from wall
- Cross inner leg behind
- Back straight

R : _____ x30s

L : _____ x30s

HAMSTRING



- Stand, knee slightly bent
- Hips perpendicular to extended leg
- Bend body forward
- Back straight, tuck buttocks in

R : _____ x30s

L : _____ x30s

QUADRICEPS



- Lie on side
- Lower hip and knee flexed forward
- Pull upper leg back
- Ankle, knee and hip on the same horizontal plan

R : _____ x30s

L : _____ x30s

CALF



- Hands on the wall, leg backward
- Toes on the ground raised
- Knee straight bent
- Move buttocks forward, back straight

R : _____ x30s

L : _____ x30s

BEFORE ACTIVITIES AFTER ACTIVITIES EVENING, COLD _____ X/DAY