

### Quadriceps Stretch (Chair + Wall)

**Reps:** 2 | **Load:** Body Weight | **Hold:** 30 seconds on each side | **Tempo:** Controlled | **Intensity:** Moderate do not stretch thru pain | **Frequency:** After exercise

#### Preparation:

- Stand tall with your foot on a chair

#### Execution:

- Push your hips forward to feel a stretch in the front of your thigh
- Bend front knee to feel a deeper stretch



Eyes and head forward, slight bend in standing leg, toes resting on edge of chair



Bend front knee to feel a deeper stretch

### Hamstring Stretch

**Reps:** 2 | **Load:** Body Weight | **Hold:** 30 seconds on each side | **Tempo:** Controlled | **Intensity:** Moderate do not stretch thru pain | **Frequency:** After exercise

#### Preparation:

- Sit on the edge of a chair

#### Execution:

- Put one leg out front
- Keep your knee locked
- Lean forward from the hips
- You should feel a stretch in the back of your leg



Put one leg out front



Lean forward from the hips

### Gastrocs Stretch (Wall or Kitchen Counter)

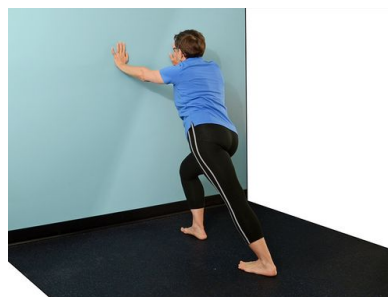
**Reps:** 2 | **Load:** Body Weight | **Hold:** 30 seconds on each side | **Tempo:** Controlled | **Intensity:** Moderate do not stretch thru pain | **Frequency:** After exercise

#### Preparation:


- Stand facing wall or kitchen counter, place both hands on wall or counter
- Take a good sized step forward with one leg and take a step back with the other leg

#### Execution:

- Keep your back hip and knee straight
- Bend your forward knee while shifting your body weight forward (toward wall or counter) until you feel a stretch in the back of the leg



Back heel is pointing straight. Feel the stretch in the calf muscle and heel cord of the back leg

<p>Reps: 2 Load: Body Weight Hold: 30 seconds on each side            Tempo: Controlled Intensity: Moderate do not stretch thru pain            Frequency: After exercise</p>							
							
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