### Floor Stretches

#### LOWER BACK
- **On Elbows (Prone)**
  - Rise up on elbows as high as possible, keeping hips on floor.
  - Hold 30 seconds.

- **Press-Up**
  - Press upper body upward, keeping hips in contact with floor.
  - Keep lower back and buttocks relaxed.
  - Hold 30 seconds.

- **Lower Trunk Rotation Stretch**
  - Keeping back flat and feet together, rotate knees to right side.
  - Hold 30 seconds. Repeat on left side.

- **Extensors / Gluteal**
  - Bring knee to chest and hold. For more stretch, bring head to knee and hold.
  - Hold 30 seconds. Repeat with other knee.

  - Bring both knees to chest and hold. For more stretch, bring head to knees and hold.
  - Hold 30 seconds.

#### GROIN
- **Thigh Adductors**
  - With feet together, lower knees to floor until stretch is felt.
  - Hold 30 seconds.

  - Sitting straight or with back against wall, gently push knees to floor until stretch is felt.
  - Hold 30 seconds.

  - Grasping feet with hands and bending from hips, gently pull forward until stretch is felt.
  - Hold 30 seconds.
GROIN - Thigh Adductors

With legs apart, slide hands forward until stretch is felt. Hold 30 seconds.

GROIN - Thigh Adductors

Spread legs as wide as possible. Reach one arm across body. Raise other arm over head. Reaching across head, extend torso and arm toward leg. Hold 30 seconds. Repeat on other side.

HAMSTRINGS - Side Bend

With feet apart, pull head toward knee until stretch is felt. Hold 30 seconds. Repeat toward other knee.

HAMSTRINGS - Knee to Chest

Gently pull knee to chest until stretch is felt. Hold 30 seconds. Repeat with other knee.

HAMSTRINGS - Pull Back Toes, Single Leg

With towel or belt around foot, pull toes toward knee until stretch is felt. Hold 30 seconds. If you are more flexible, use hand to pull toes. Repeat with other leg.

HAMSTRINGS - Pull Back Toes, Single Leg

Keeping head, neck and back flat, bring right leg over left. Use right leg to pull left leg to floor until stretch is felt. Hold 30 seconds. Repeat with left leg over right.

HIP OBLIQUE - External Rotators

Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold 30 seconds. Repeat with other leg.

HIP OBLIQUE - External Rotators

From a sitting position, move both feet to one side as shown until a stretch is felt. Hold 30 seconds. Repeat to the other side.

UPPER LEG - Quadriceps

Holding one foot with same-side hand, raise leg until stretch is felt. Hold 30 seconds. Repeat with other side.