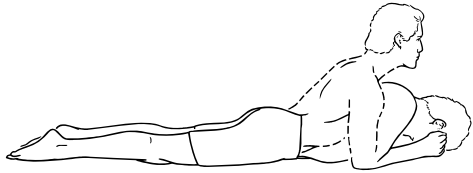
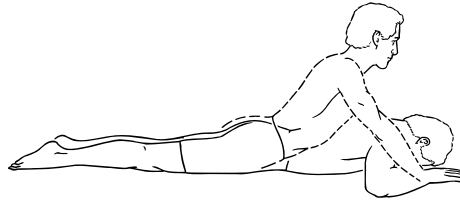


LOWER BACK - On Elbows (Prone)



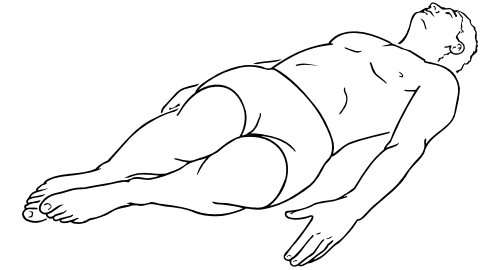
Rise up on elbows as high as possible, keeping hips on floor. Hold 30 seconds.

LOWER BACK - Press-Up



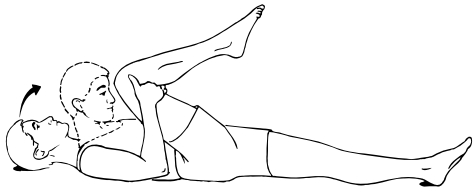
Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold 30 seconds.

LOWER BACK - Lower Trunk Rotation Stretch



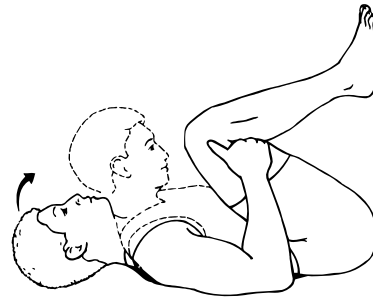
Keeping back flat and feet together, rotate knees to right side. Hold 30 seconds. Repeat on left side

LOWER BACK - Extensors / Gluteal



Bring knee to chest and hold. For more stretch, bring head to knee and hold. Hold 30 seconds. Repeat with other knee.

LOWER BACK - Extensors / Gluteal



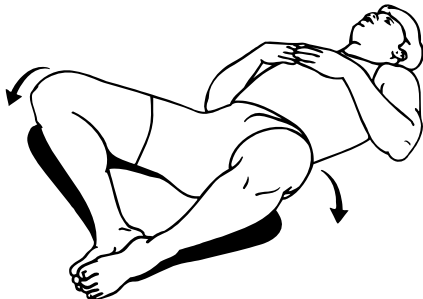
Bring both knees to chest and hold. For more stretch, bring head to knees and hold. Hold 30 seconds.

UPPER BACK - Upper and Mid Extensors



Slide hands forward and buttocks back. Hold 30 seconds.

GROIN - Thigh Adductors



With feet together, lower knees to floor until stretch is felt. Hold 30 seconds.

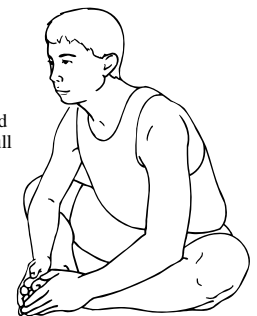
GROIN - Thigh Adductors

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

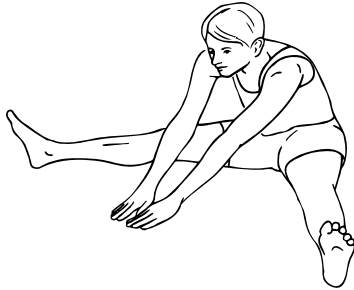


GROIN - Thigh Adductors

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

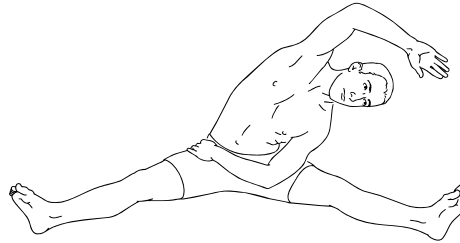


GROIN - Thigh Adductors



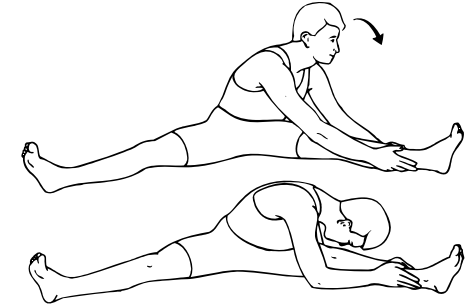
With legs apart, slide hands forward until stretch is felt. Hold 30 seconds.

GROIN - Thigh Adductors



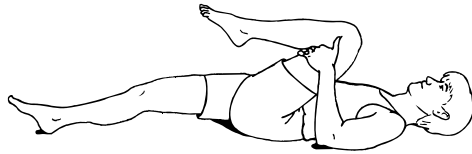
Spread legs as wide as possible. Reach one arm across body. Raise other arm over head. Reaching across head, extend torso and arm toward leg. Hold 30 seconds. Repeat on other side.

HAMSTRINGS - Side Bend



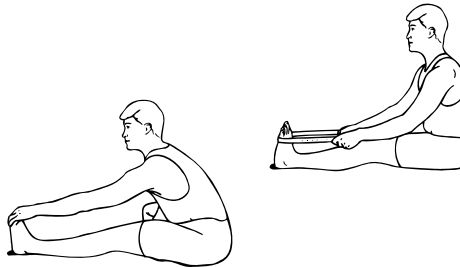
With feet apart, pull head toward knee until stretch is felt. Hold 30 seconds. Repeat toward other knee.

HAMSTRINGS - Knee to Chest



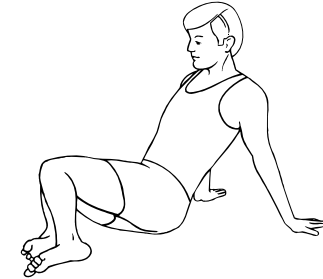
Gently pull knee to chest until stretch is felt. Hold 30 seconds. Repeat with other knee.

HAMSTRINGS - Pull Back Toes, Single Leg



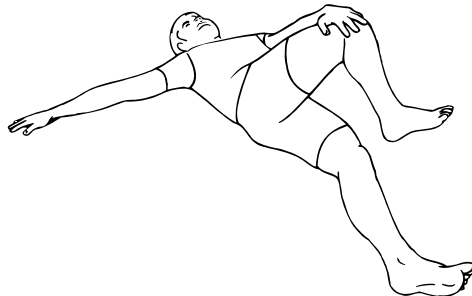
With towel or belt around foot, pull toes toward knee until stretch is felt. Hold 30 seconds. If you are more flexible, use hand to pull toes. Repeat with other leg.

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.

HIP OBLIQUE - External Rotators



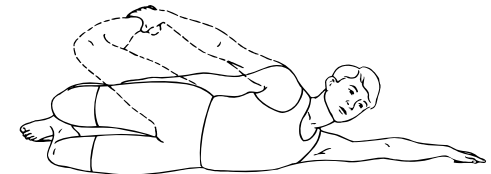
Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold 30 seconds. Repeat with other leg.

HIP OBLIQUE - External Rotators

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.



UPPER LEG - Quadriceps



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