

## Gastroc Stretch on Wall

<b>SETS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
----------------	-----------------	-----------------	------------------



### Setup

Begin in a standing upright position in front of a wall.

### Movement

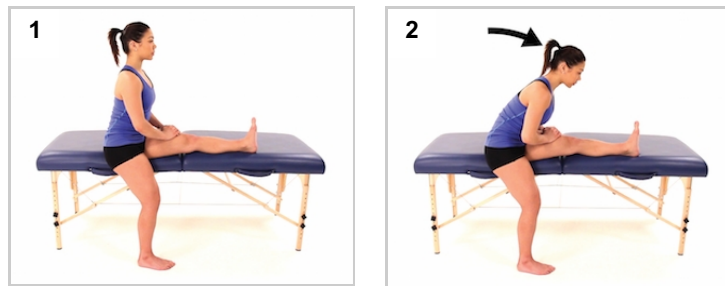
Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

### Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

## Seated Table Hamstring Stretch

<b>SETS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
----------------	-----------------	-----------------	------------------



### Setup

Begin sitting upright on the edge of a table or bed with one leg resting straight on the bed and your other foot on the floor.

### Movement

Gently lean forward, hinging at your hips, until you feel a stretch on the back of your leg, and hold.

### Tip

Make sure to keep your knee straight and toes pointing up toward the ceiling. Do not round your back as you bend forward.

---

## Supine Piriformis Stretch with Foot on Ground

<b>SETS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
----------------	-----------------	-----------------	------------------



### Setup

Begin by lying on your back with both knees bent and feet resting flat on the ground. Cross one leg over the other so your foot is resting on your knee.

### Movement

Grab your leg just below the knee and slowly draw it towards your opposite shoulder until you feel a stretch in your buttocks.

### Tip

Do not allow your back to twist or bend excessively during the stretch.

---

## Hip Adductors and Hamstring Stretch with Strap

<b>SETS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
----------------	-----------------	-----------------	------------------



### Setup

Begin by lying on your back with one leg straight, holding both ends of a strap secured around your other foot.

### Movement

Use the strap to pull your leg up toward your body, then straighten your leg and let it slowly lower out to the side. You should feel a stretch in the inside of your thigh.

### Tip

Make sure to keep your low back flat against the floor.

---

## Supine ITB Stretch with Strap

<b>REPS: 1</b>	<b>SETS: 3</b>	<b>HOLD: 30</b>	<b>DAILY: 1</b>
<b>WEEKLY: 7</b>			



### Setup

Begin by lying on your back with your legs straight and a strap secured around one foot, holding the end in your opposite hand.

### Movement

Pull on the strap to draw your leg diagonally across your body and hold, feeling a stretch on the outside of your leg.

### Tip

Make sure to keep your shoulders and hips on the ground during the stretch.

---

## Straight Leg Raise with Arm Support

<b>REPS: 10</b>	<b>HOLD: 10</b>	<b>DAILY: 1</b>	<b>WEEKLY: 7</b>
-----------------	-----------------	-----------------	------------------



### Setup

Begin sitting on the ground, resting back on your arms with one knee bent and your other leg laying flat.

### Movement

Slowly lift your leg as close to parallel with your other thigh as you can.

### Tip

Make sure to keep your knee straight during the exercise and do not let your back arch.

## Supine Bridge

REPS: 10

HOLD: 10

DAILY: 1

WEEKLY: 7



### Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

### Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

### Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

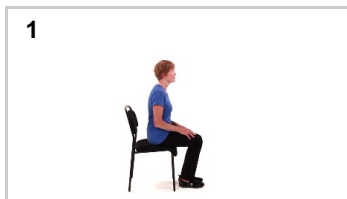
## Sit to Stand

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

Begin sitting upright with your feet flat on the ground underneath your knees.

### Movement

Move your shoulders and head over your toes, bring your knees forward, and allow your hips to come off the chair, then push down equally into both feet to stand up. Sit back down and repeat.

### Tip

Make sure to keep your weight evenly distributed between both legs, and try to keep your back straight throughout the exercise. Do not lock out your knees once you are standing.

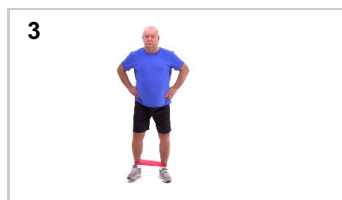
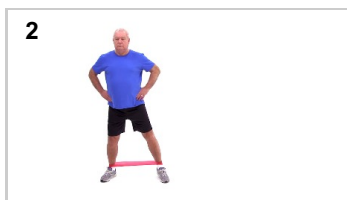
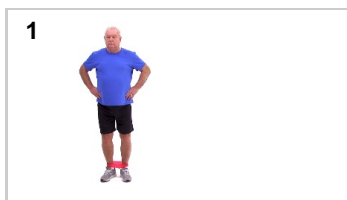
## Side Stepping with Resistance at Feet

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

Begin in a standing upright position with a resistance band looped around your ankles.

### Movement

Slowly step sideways, maintaining tension in the band. Repeat in the opposite direction.

### Tip

Make sure to keep your feet pointing straight forward and do not lean your torso to either side as you step.

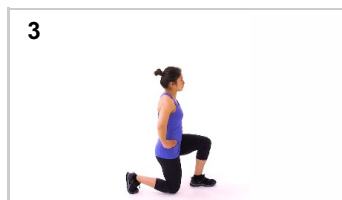
## Standard Lunge

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



### Setup

Begin standing upright with your hands resting on your hips and your feet shoulder width apart.

### Movement

Keeping your trunk upright, step forward and lower your body toward the ground into a lunge position, then carefully return to the starting position. Repeat with the other leg.

### Tip

Make sure to keep your trunk steady. Do not let your front knee collapse inward or move forward past your toes as you lunge.