

STEP 1



STEP 2



## Gastroc Stretch on Wall

**REPS:** 2 | **SETS:** 30 sec | **WEEKLY:** 7x | **DAILY:** 1x

### 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.

STEP 1



STEP 2



## Supine Hamstring Stretch with Strap

**REPS:** 2 | **SETS:** 30 sec | **WEEKLY:** 7x | **DAILY:** 1x

### Setup

- Begin lying on your back with your legs straight, holding the end of a strap that is looped around one foot.

### Movement

- Use the strap to pull your leg up toward your body until you feel a gentle stretch in the back of your upper leg. Hold this position.

### Tip

- Make sure to keep your other leg straight on the ground during the stretch.

STEP 1



STEP 2



## Prone Quadriceps Stretch with Strap

**REPS:** 2 | **SETS:** 30 sec | **WEEKLY:** 7x | **DAILY:** 1x

### Setup

- Begin lying on your front with your legs straight, holding the end of a strap that is looped around one foot.

### Movement

- Pull the end of the strap over your shoulder on the same side of your body, bending your knee, until you feel a gentle stretch in your thigh.

### Tip

- Do not let your low back arch during the stretch.

STEP 1



STEP 2



## Supine Gluteus Stretch

**REPS:** 2 | **SETS:** 30 sec | **WEEKLY:** 7x | **DAILY:** 1x

### Setup

- Begin lying on your back with one leg bent.

### Movement

- Gently pull your bent knee toward the floor on the other side of your body, until you feel a stretch in your buttock and hold.

### Tip

- Try to keep your shoulders flat against the floor and your back relaxed during the stretch.