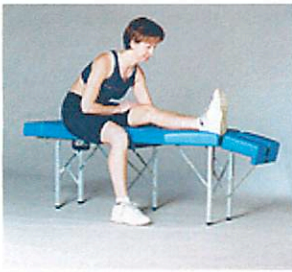


**Gastrocs**

Standing tall with ball of foot on edge of stair or block.  
Drop heel over edge to feel stretch in the calf.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

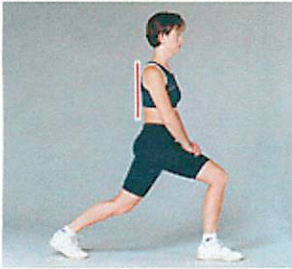


**Hamstrings**

Sitting on bench with one leg straight out along bench with toes pulled back, and opposite foot on floor.  
Support body weight with hand on bench.  
Maintain an abdominal hollow and bend forward at the hips to feel a stretch in the back of the leg.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Hip Flexors**

Standing feet shoulder width apart and toes pointed forward.  
Step one foot forward into a lunge position.  
Keeping upper body upright and pelvis square, slightly bend the back knee and tuck pelvis under to feel a stretch in the front of the thigh and hip.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

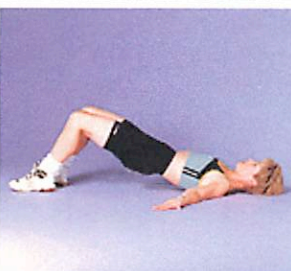
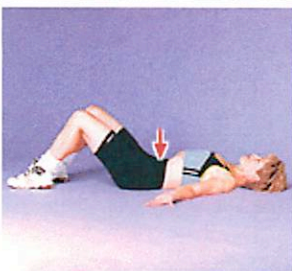


**Quads**

Standing tall, raise one heel toward buttocks (grasp above ankle joint).  
Pelvic tilt and squeeze buttocks to extend hip back slightly to feel a stretch in the front of the thigh.  
Can support body with hands on a chair, to avoid bending forward.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

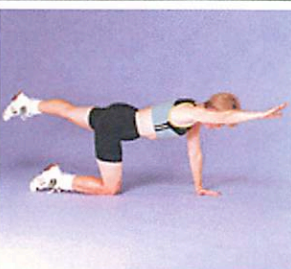
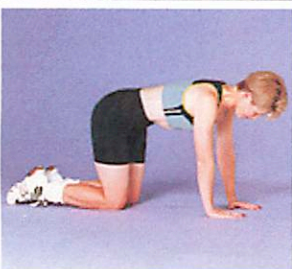


**Bridge**

Lie on back with knees bent and feet flat on the floor.  
Place arms 45° at sides with palms up.  
From a pelvic tilt position and maintaining abdominal hollowing, squeeze buttocks and slowly raise pelvis up off floor into a bridge position.  
Shoulder blades should remain on floor.  
Hold at end position, then lower and repeat.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Cross Crawl**

On hands and knees, maintain abdominal hollow and keep back flat.  
Slowly extend one leg behind while at the same time extending opposite arm out in front until parallel with floor.  
Keep trunk square and stable.  
Return arm and leg to floor and alternate.

Sets:	2-3
Reps:	15-20
Weight:	
Hold:	4-10 sec
Rest:	30-60
5 x/week	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31