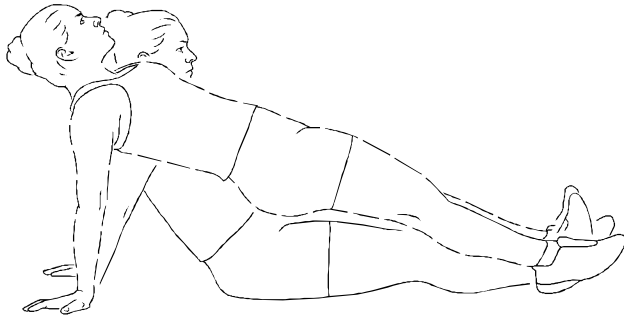


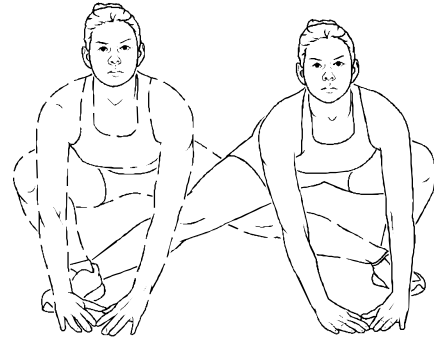
WARM-UP - 18 Hip Thrust



Sit on floor. Legs extended. dorsiflex ankles. Arms straight. Hands flat on floor behind body. Thrust hips toward ceiling keeping legs and back straight.

Do 1 sets 15 reps.

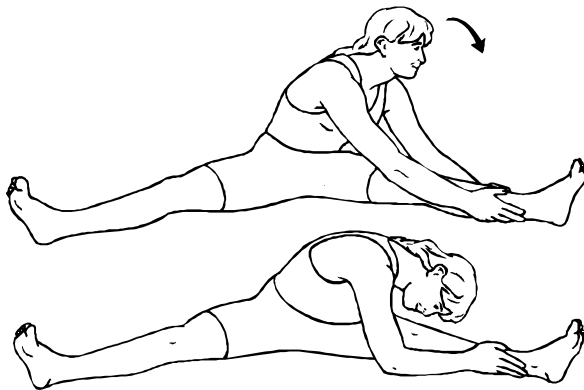
WARM-UP - 2 Side to Side



Legs wider than shoulders. Hand in front. Move side to side with hips down, chest up. Knees do not go over toes. Heels stay on floor.

Do 1 sets 20 reps. Do reps both ways for one set.

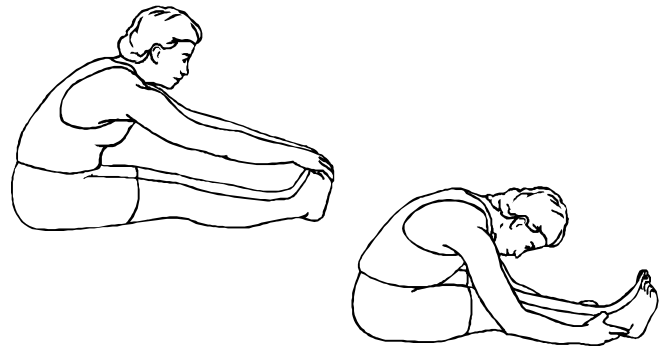
HAMSTRINGS - 6 Side Bend



With feet apart, pull head toward knee until stretch is felt. Hold 20 seconds. Repeat toward other knee.

Repeat 1 times. Do 1 sessions per day.

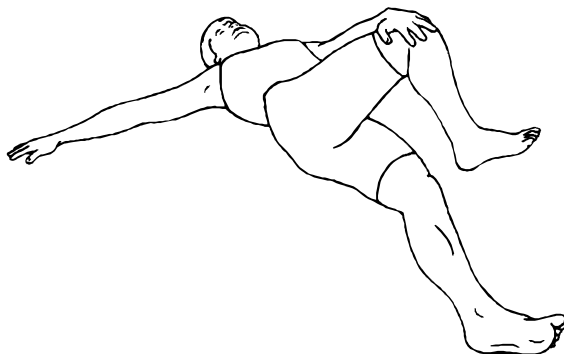
HAMSTRINGS - 4 Pull Back Toes, Double Leg



With hands on toes, pull torso forward and bend head toward knees until stretch is felt. Hold 20 seconds. For more stretch, put hands on ankles.

Repeat 1 times. Do 1 sessions per day.

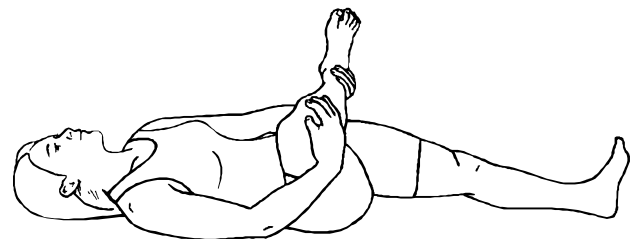
HIP OBLIQUE - 6 External Rotators



Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold 20 seconds. Repeat with other leg.

Repeat 1 times. Do 1 sessions per day.

HIP OBLIQUE - 8 Internal Rotators



Gently pull foot and knee toward shoulder, rotating at hip. Hold 20 seconds. Repeat with other leg.

Repeat 1 times. Do 1 sessions per day.

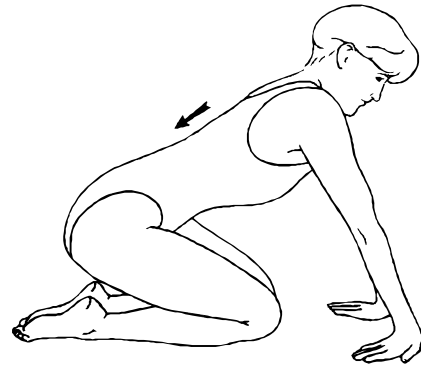
GROIN - 3 Thigh Adductors

Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold 20 seconds.



Repeat 1 times.
Do 1 sessions per day.

ARMS - 4 Flexors

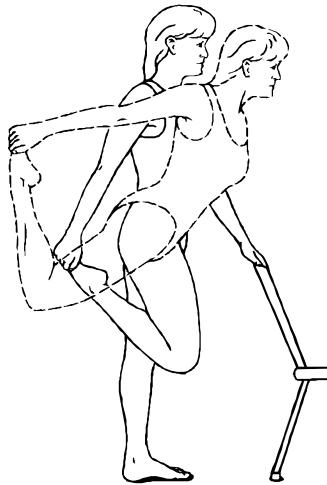


From kneeling position, with palms flat and fingers pointed backward, slowly lean back until stretch is felt. Hold 20 seconds.

Repeat 1 times. Do 1 sessions per day.

UPPER LEG - 6 Quadriceps

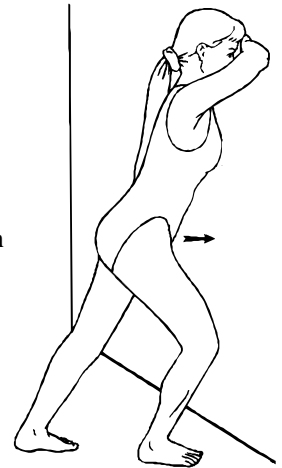
From starting position, raise leg until stretch is felt. Hold 20 seconds. Repeat with other leg.



Repeat 1 times. Do 1 sessions per day.

LOWER LEG - 9 Achilles / Gastroc

With back leg straight, move hips forward until stretch is felt. Hold 20 seconds. Repeat with other leg. Make sure you have a wide enough stance.



Repeat 1 times.
Do 1 sessions per day.

ARMS - 8 Triceps

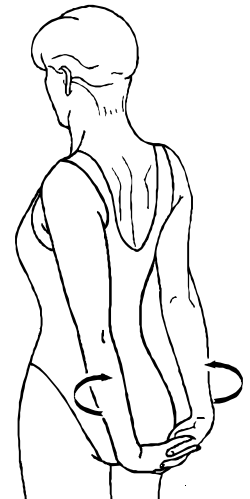
Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 20 seconds.



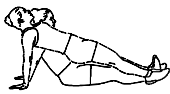



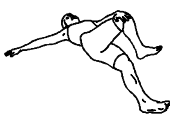

Repeat 1 times.
Do 1 sessions per day.







SHOULDERS - 5 Deltoids

With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt. Hold 20 seconds.



Repeat 1 times.
Do 1 sessions per day.

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