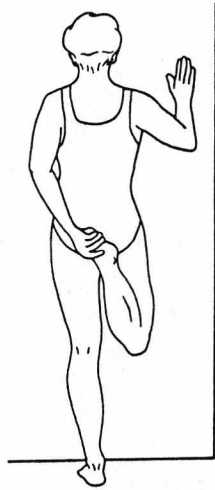


UPPER LEG  
Quadriceps

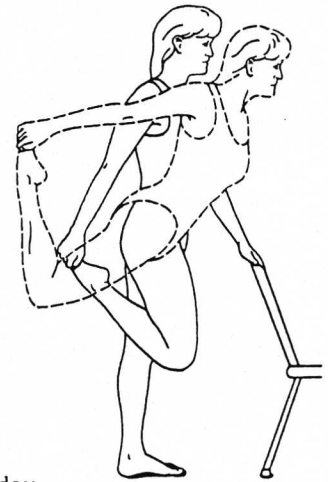
With left hand grasping the right leg, gently pull the heel toward the buttocks until stretch is felt. Repeat to other side.



Hold 15 seconds.  
Repeat 4 times.  
Do 1 sessions per day.

UPPER LEG  
Quadriceps

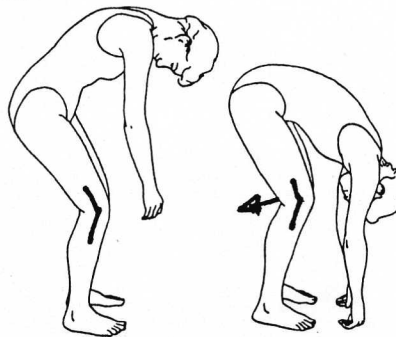
From starting position raise the leg until stretch is felt. Repeat to other side.



Hold 15 seconds.  
Repeat 4 times.  
Do 1 sessions per day.

HAMSTRINGS

With feet shoulders width apart, pointing straight forward and knees bent, lower hands toward floor until stretch is felt. Bend knees further to return to standing position.



Hold 15 seconds.  
Repeat 4 times.  
Do 1 sessions per day.