











LEG STRETCHES

Calf Stretch			
Inhale	Exhale	Repeat for the other leg.	
 <p>Hold on to a chair, wall, or pole. Place one foot forward with the front knee slightly bent.</p>	 <p>Shift the hips down and slightly more forward. Make sure that both feet remain flat on the floor.</p>		
Hip/Gluteal Stretch			
Inhale	Exhale	Inhale	Exhale
 <p>Sit upright in a chair. Place the ankle on the opposite knee.</p>	 <p>Pull the knee up toward the opposite shoulder.</p>	 <p>Relax back to the original position.</p>	 <p>Hold the ankle and push down on the knee.</p>
Repeat both of the stretches above for the other leg.			
Hamstring Stretch			
Inhale	Exhale	Please note: My hands are behind my back for demonstration purposes. You can place them wherever comfortable.	Repeat for the other leg.
 <p>Place one foot forward with both knees straight but not tensed.</p>	 <p>Slowly begin to bend forward at the hips. Make sure that you keep your head up. Imagine trying to touch your abdomen to your thigh.</p>		

Quadriceps Stretch			
Exhale	Inhale	Repeat for the other leg.	
 <p>Lift the knee and grab the ankle.</p>	 <p>Drop the knee downward and pull the ankle up toward pelvis. Try not to lean forward or arch the back.</p>		