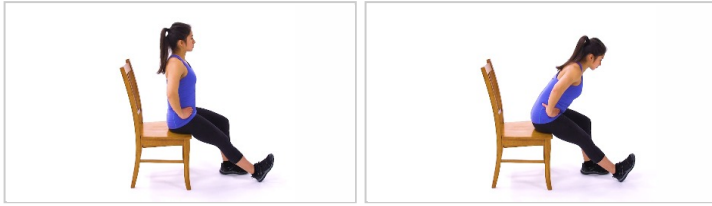


Seated Hamstring Stretch



SETS: 4	HOLD: 30 SECONDS
DAILY: 1	WEEKLY: 7

Gastroc Stretch on Wall



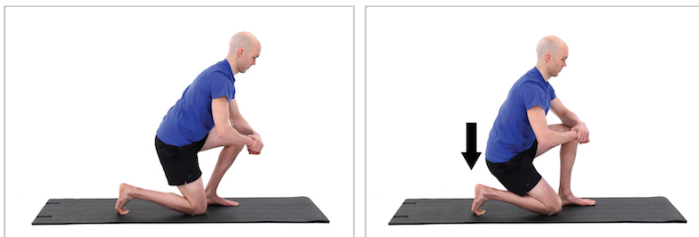
SETS: 4	HOLD: 15-30 SEC
DAILY: 1	WEEKLY: 7

Standing Quadriceps Stretch



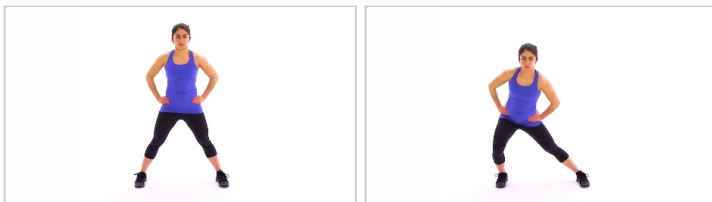
SETS: 4	HOLD: 15-30 SECONDS
DAILY: 1	WEEKLY: 7

Toe Extension Self-Mobilization



REPS: 10	HOLD: 5-10 SECONDS
DAILY: 1	WEEKLY: 7

Side Lunge Adductor Stretch



REPS: 10	HOLD: 5-10 SECONDS
DAILY: 1	WEEKLY: 7