

## Long Sitting Hamstring Stretch



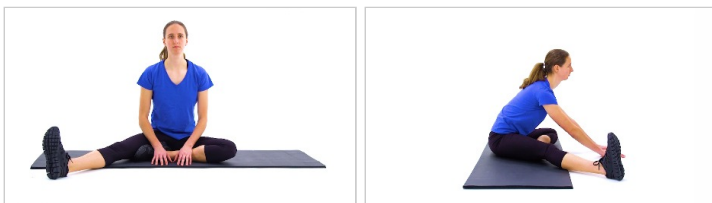
<b>REPS: 3-5</b>	<b>HOLD: 10-15</b>
<b>DAILY: 1</b>	<b>WEEKLY: 5</b>

## Seated Hamstring Stretch



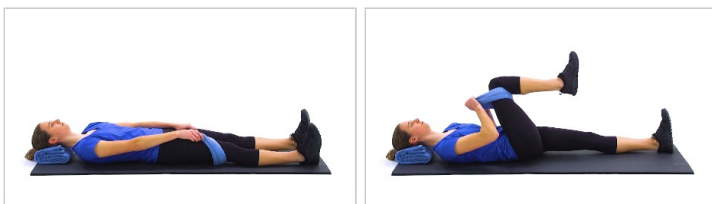
<b>REPS: 10-15</b>	<b>SETS: 2-3</b>
<b>DAILY: 1</b>	<b>WEEKLY: 5</b>

## Long Sitting Hip Adductor Stretch



<b>REPS: 3-5</b>	<b>HOLD: 10-15</b>
<b>DAILY: 1</b>	<b>WEEKLY: 5</b>

## Supine Piriformis Stretch with Towel



<b>REPS: 3-5</b>	<b>HOLD: 10-15</b>
<b>DAILY: 1</b>	<b>WEEKLY: 5</b>

## Supine Hamstring Stretch



<b>REPS: 3-5</b>	<b>HOLD: 10-15</b>
<b>DAILY: 1</b>	<b>WEEKLY: 5</b>

## Standing Quad Stretch with Towel and Arm Support



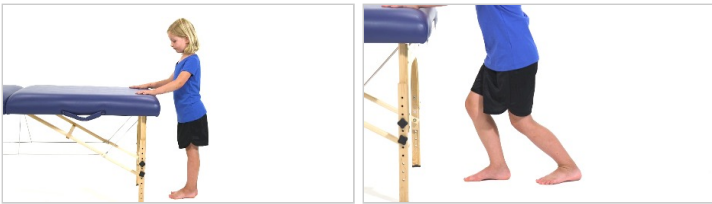
<b>REPS: 3-5</b>	<b>HOLD: 10-15</b>
<b>DAILY: 1</b>	<b>WEEKLY: 5</b>

## Standing Gastroc Stretch



<b>REPS: 3-5</b>	<b>HOLD: 10-15</b>
<b>DAILY: 1</b>	<b>WEEKLY: 5</b>

## Standing Soleus Stretch



<b>REPS: 3-5</b>	<b>HOLD: 10-15</b>
<b>DAILY: 1</b>	<b>WEEKLY: 5</b>

## Standing Gastroc Stretch on Step with Counter Support



<b>REPS: 3-5</b>	<b>HOLD: 10-15</b>
<b>DAILY: 1</b>	<b>WEEKLY: 5</b>