

Supine Single Knee to Chest Stretch



60 seconds each

Setup

Begin lying on your back with your legs straight.

Movement

Using your hands, slowly pull one knee toward your chest until you feel a gentle stretch in your lower back.

Tip

Make sure to keep your back relaxed and flat on the ground during the stretch.

Supine Figure 4 Piriformis Stretch



60 seconds each

Setup

Begin by lying on your back with your knees bent. Cross one leg over the other so your ankle is resting on your opposite knee.

Movement

Pull your leg towards your chest until you feel a stretch and hold.

Tip

Make sure to keep your back flat against the bed during the stretch.

Supine Hamstring Stretch



60 seconds each

Setup

Begin lying on your back with one leg straight and the other leg bent.

Movement

Bring your knee toward your chest and grab the back of your thigh with both hands. Slowly straighten your knee until you feel a stretch in the back of your thigh and hold.

Tip

Make sure to keep your back flat on the floor during the stretch.

Half Kneeling Hip Flexor Stretch



60 seconds each

Setup

Begin in a half kneeling position with one knee bent in front of your body.

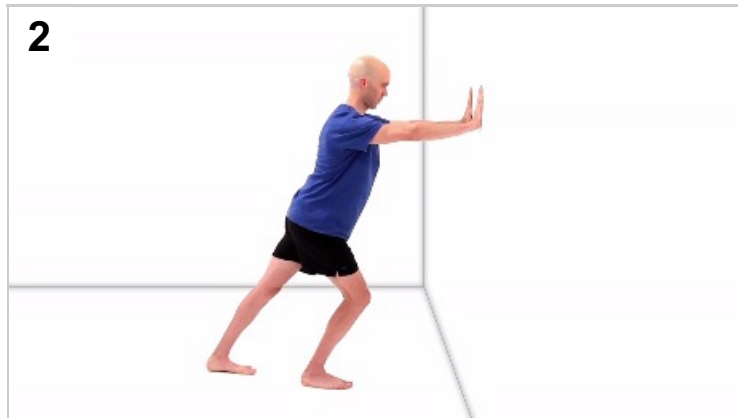
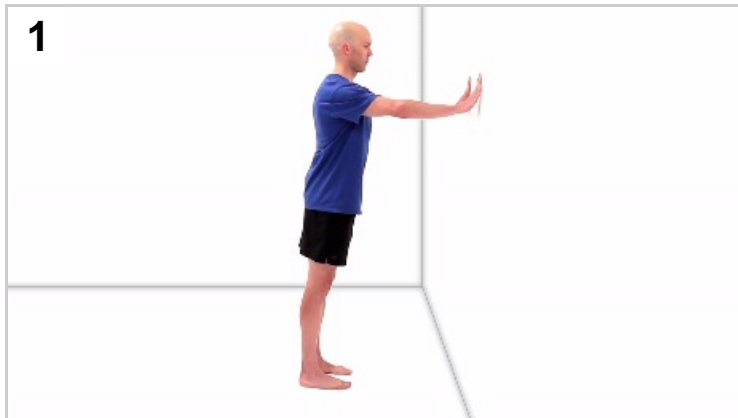
Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.

Gastroc Stretch on Wall



60 seconds each

Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.