

# STATIC STRETCHING EXERCISES

## CALF STRETCH

### BENT LEG



### STRAIGHT LEG



THIS EXERCISE IS PERFORMED IN THE SAME MANNER IN BOTH VARIATIONS. STAGGER STANCE AND PUSH BACK LEG UNTIL STRETCH IS FELT. AT THIS POINT, LEAN INTO THE WALL TO INCREASE THE STRETCH. HOLD FOR 30-45 SECONDS AND REPEAT FOR THE DESIRED NUMBER OF REPETITIONS.

## HAMSTRING STRETCH

### BENT LEG



### STRAIGHT LEG



FOR THE BENT LEG VARIATION, ATTEMPT TO STRAIGHTEN LEG FOR STRETCH. YOU WILL FEEL THE STRETCH IN TWO DISTINCTLY DIFFERENT PLACES. FOR STRAIGHT LEG VARIATION, IT IS IMPORTANT TO KEEP BACK STRAIGHT AND BEND FROM THE HIPS. HOLD FOR 30-45 SECONDS AND REPEAT FOR THE DESIRED NUMBER OF REPETITIONS.

### QUADRICEPS STRETCH



PULL HEEL TO BUTT. IT IS IMPORTANT TO KEEP STRAIGHT LINE DOWN FROM HIP TO KNEE. HOLD FOR 30-45 SECONDS AND REPEAT FOR THE DESIRED NUMBER OF REPETITIONS.

### GLUTE STRETCH



CROSS LEG OVER AND PULL KNEE TO CHEST. REPEAT WITH OTHER LEG. HOLD FOR 30-45 SECONDS AND REPEAT FOR THE DESIRED NUMBER OF REPETITIONS.

### LOWER BACK



CROSS LEG OVER AND TWIST IN OPPOSITE DIRECTION. HOLD TWIST BY PRESSING ELBOW TO LEG. HOLD FOR 30-45 SECONDS AND REPEAT FOR THE DESIRED NUMBER OF REPETITIONS.