

YOUR DVD CODE: 442 - 397 - 259 - 240 - 507 - 841

1: 442 - Stretch of Inner Thigh/ Groin



- Sit with heels together
- Let knees fall downward
- Pull heels toward buttock until you feel a stretch

Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s

2: 397 - Hamstring Stretch -- Seated (Unilateral)



- Sit with one leg bent and the other straight
- Slowly lean trunk forward until you feel a stretch

Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s

3: 259 - Quadriceps Stretch -- Side Lying



- Lie on side.
- Grab your ankle with your top hand, slowly bringing your heel toward your buttocks until a comfortable stretch is felt.

Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s Side: Both

4: 240 - Hip Flexor Stretch



- Support body weight on knee and opposite foot
- Move body forward until comfortable stretch is felt
- Keep hips level at all times

Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s

5: 507 - Side-Bending Stretch In Standing



- Stand with leg crossed over the other
- Slowly lean to side until stretch is felt

Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s

6: 841 - Piriformis Stretch in Sitting



- Sit with one leg extended
- Cross ankle over knee
- Use arm to push knee across midline until you feel a stretch in hip

Sets: 2 Reps: 2 Sessions: 2 Everyday Hold Time: 10s