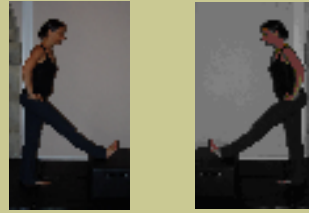


Warm up Exercises 13 - 17

EXERCISE 13

Hamstring Stretch:

Place one foot on a rock, stair or stool. Keep your hips aligned and your back STRAIGHT! A Stretch should be felt in the back of your thigh. Hold 10 seconds. Repeat on the other leg. Remember this should be gentle, as you will stretch it more deeply post exercises



EXERCISE 14

Adductor Stretch:

After facing forward for the hamstring stretch, turn to the side, pointing hips forward. You should feel a stretch in the inner thigh. Hold about 10 seconds. Repeat on the other leg.



EXERCISE 15

Quadriceps Stretch:

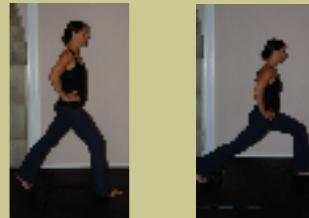
Pull one heel toward buttock until stretch is felt in front of thigh. Hold 10 seconds. Repeat on the other leg.



EXERCISE 16

Hip Flexor:

Kneeling on one knee, lunge forward on the other knee. Make sure that you are not twisting and that you are not feeling anything in your spine. Tighten your abs and gluts to feel an increase in the stretch. Repeat on the other leg, holding only 15 seconds on each side.



EXERCISE 17

Calf Stretch:

Stand on a rock or stool or step off the edge. Bend back knee and drop heel off the back of the edge. Hold for 10-15 seconds. Do same with other leg and foot. Then do same but this time with back knee straight.

