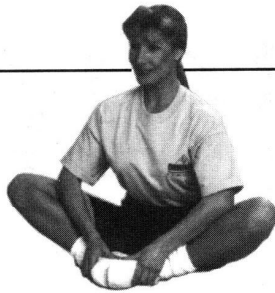


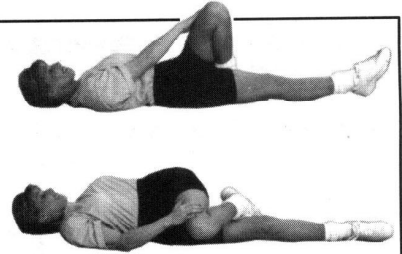
seven

Sit up straight and bring the heels in toward the body. Gently press down on the knees with the elbows and hold. **Groin.**

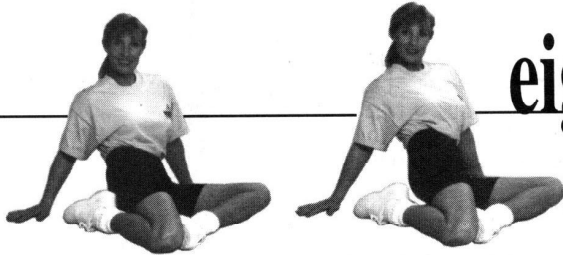


twelve

Lie down with your arms out to the sides. Tuck the left toes under the right knee. Grab the outside of the left leg with the right hand and bring the knee over to the right. Hold. Switch sides and repeat. **Erector spinae (lower back).**



eight



Make an "S" formation with your legs. Lean back in the same direction as the back leg. Hold. To stretch the hip flexors, slightly raise the hip of the rear leg after first stretching the quadricep. Switch sides and repeat. **Quadriceps.** (See optional thigh stretch.)

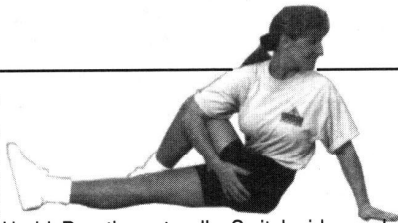
thirteen



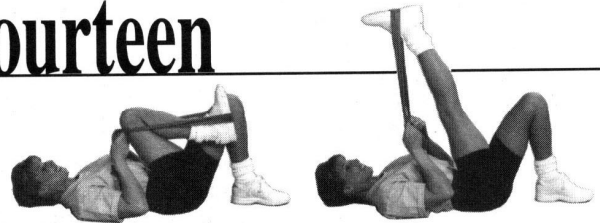
Bend the knees in toward the chest and hold. Keep the hips in contact with the floor at all times. **Erector spinae (lower back).**

nine

Cross the left leg over the right knee. Place the right elbow or hand on the outside of the left knee. Turn to the left and look behind you and hold. Breathe naturally. Switch sides and repeat. **Erector spinae (lower back), latissimus dorsi and obliques.**

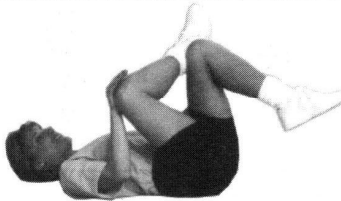


fourteen



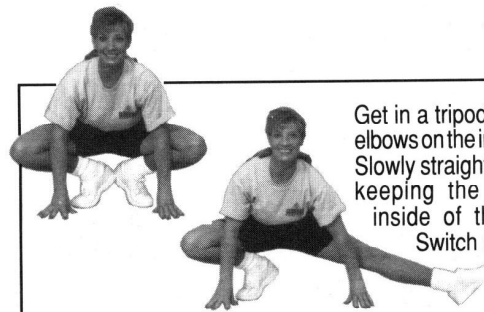
Wrap a towel or stretch band around the bottom of the left foot (or hold onto the calf) and bring the knee in toward the chest. Slowly straighten the leg out overhead and hold. Switch sides and repeat. **NOTE:** one leg must be bent at all times. **Biceps femoris (hamstrings).**

ten



Cross the right ankle over the left knee. Grab the left thigh from underneath and gently pull toward the chest. Gently press down the right knee with the right hand. Hold. Switch sides and repeat. **Gluteals.**

fifteen



Get in a tripod position with the elbows on the inside of the knees. Slowly straighten out the left leg keeping the elbows on the inside of the knees. Hold. Switch sides and repeat. **Adductors (inner thigh).**

eleven



Lie down with your legs and arms outstretched. Take a deep breath stretching your arms and legs further from the body. Exhale and relax pressing the lower back into the floor. **Latissimus dorsi** and the entire body.

sixteen

Step forward bending the right leg while keeping the back leg straight, heels intact with the floor. Place both hands just above the knee. Feel the stretch in the calf of the extended back leg. Switch sides and repeat. **Gastrocnemius and soleus.**

