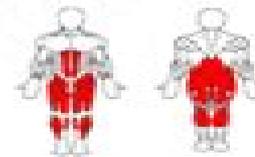


STRETCHING

LOWER BODY



 Consult a physician before starting any stretching regime. This chart is for informational purposes only.



ABDOMINAL



QUADRICEPS



CALVES



HAMSTRINGS & LOW BACK



HAMSTRINGS & LOW BACK



GLUTES & ABDUCTORS



GLUTES & ABDUCTORS



FULL BODY



GROIN & ADDUCTORS



GLUTES & LOW BACK



CALVES, HAMSTRINGS & LOW BACK

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

Lower Leg Foot Stretching Guide

S Nieto

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