

STEP 1



STEP 2



Seated Hamstring Stretch

REPS: 3 | SETS: 1 | WEEKLY: 7x | DAILY: 1x

Setup

- Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

- Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

- Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

STEP 1



STEP 2



Seated Piriformis Stretch

REPS: 3 | SETS: 1 | HOLD: 20 | WEEKLY: 7x | DAILY: 1x

Setup

- Begin sitting upright in a chair.

Movement

- Lift one foot and rest it on your opposite knee. Slowly lean forward until you feel a stretch along the underside of your thigh. Hold this position.

Tip

- Make sure to keep your back straight as you bend forward.

STEP 1



STEP 2



Quadriceps Stretch with Chair and Counter Support

REPS: 3 | SETS: 1 | HOLD: 20 | WEEKLY: 7x | DAILY: 1x

Setup

- Begin in a standing upright position with a chair behind you and your hands resting on a counter.

Movement

- Slowly bend one leg and place the top of your foot on the chair behind you. Gently press your hips forward until you feel a stretch in the front of your thigh.

Tip

- Make sure to maintain an upright posture and do not arch your back during the stretch.

STEP 1



STEP 2



Gastroc Stretch on Wall

REPS: 3 | **SETS:** 1 | **HOLD:** 20 | **WEEKLY:** 7x | **DAILY:** 1x

Setup

- Begin in a standing upright position in front of a wall.

Movement

- Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

- Make sure to keep your heels on the ground and back knee straight during the stretch.

STEP 1



STEP 2



Soleus Stretch on Wall

REPS: 3 | **SETS:** 1 | **HOLD:** 20 | **WEEKLY:** 7x | **DAILY:** 1x

Setup

- Begin in a standing upright position in front of a wall.

Movement

- Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

- Make sure to keep your heels on the ground and back knee bent during the stretch.

STEP 1



STEP 2



ITB Stretch at Wall

REPS: 3 | **SETS:** 1 | **HOLD:** 20 | **WEEKLY:** 7x | **DAILY:** 1x

Setup

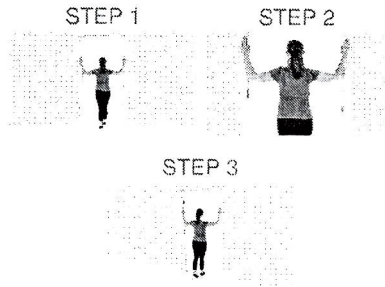
- Begin in a standing upright position next to a wall. Cross your outside leg over the other and place your arm against the wall.

Movement

- Gently push your hip toward the wall until you feel a stretch in the side of your leg and hold.

Tip

- Make sure not to lean forward or backward.



Doorway Pec Stretch at 90 Degrees Abduction

REPS: 3 | SETS: 1 | HOLD: 20 | WEEKLY: 7x | DAILY: 2x

Setup

- Begin in a standing upright position in the center of a doorway.

Movement

- With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

- Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

STEP 1



STEP 2



Seated Levator Scapulae Stretch

REPS: 3 | SETS: 1 | HOLD: 20 | WEEKLY: 7x | DAILY: 2x

Setup

- Begin sitting upright in a chair, grasping the edge with one hand.

Movement

- Rotate your head to the side opposite your anchored arm, then tuck your chin towards your chest. With your free hand, grasp the back of your head and gently pull it downward until you feel a stretch and hold.

Tip

- Make sure to keep your back straight during the exercise.

STEP 1



STEP 2



Seated Cervical Sidebending Stretch

REPS: 3 | SETS: 1 | HOLD: 20 | WEEKLY: 7x | DAILY: 2x

Setup

- Begin sitting in an upright position.

Movement

- Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

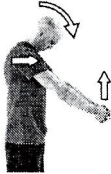
Tip

- Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

STEP 1



STEP 2



Standing Lower Cervical and Upper Thoracic Stretch

REPS: 3 | SETS: 1 | HOLD: 20 | WEEKLY: 7x | DAILY: 2x

Setup

- Begin in a standing position. Clasp your hands in front of your body with your arms straight.

Movement

- Slowly roll your head downward, bend your shoulders forward, and lift your arms until you feel a stretch in your lower neck and upper back. Think about pulling your shoulder blades apart.

Tip

- Make sure not to slouch your lower back during the stretch.

STEP 1



STEP 2



Chest and Bicep Stretch - Arms Behind Back

REPS: 3 | SETS: 1 | HOLD: 20 | WEEKLY: 7x | DAILY: 2x

Setup

- Begin in a standing upright position.

Movement

- Clasp your hands behind your back and straighten your arms, then slowly raise them toward the ceiling. Hold when you feel a stretch in your chest and the front of your arms.

Tip

- Make sure to keep your back straight during the exercise.