

## LEG STRETCHES

<b>Calf Stretch</b>			
<p data-bbox="305 310 386 340">Inhale</p> <p data-bbox="207 537 487 709">Hold on to a chair, wall, or pole. Place one foot forward with the front knee slightly bent.</p>	<p data-bbox="613 310 695 340">Exhale</p> <p data-bbox="526 537 789 709">Shift the hips down and slightly more forward. Make sure that both feet remain flat on the floor.</p>	<p data-bbox="841 310 1094 378">Repeat for the other leg.</p>	

### **Hip/Gluteal Stretch**

<b>Quadriceps Stretch</b> Exhale	Inhale		
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Lift the knee and grab the ankle.

Drop the knee downward and pull the ankle up toward