

### Hamstring Stretch



1. Start in the position as shown
2. Gently reach down and stretch gently
3. Hold for 1 minute

### Quadriceps Stretch



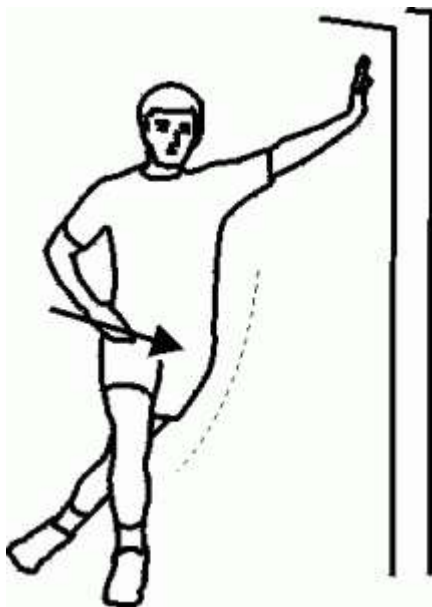
1. Start in position as shown
2. Gently stretch and hold for 1 minute

### Calf Stretch



1. Start in position as shown
2. Gently lean forward and feel for the stretch
3. Hold for 1 minute

### ITB stretch



1. Start in position as shown
2. Gently lean towards the wall and feel for the stretch
3. Hold gently for 1 minute