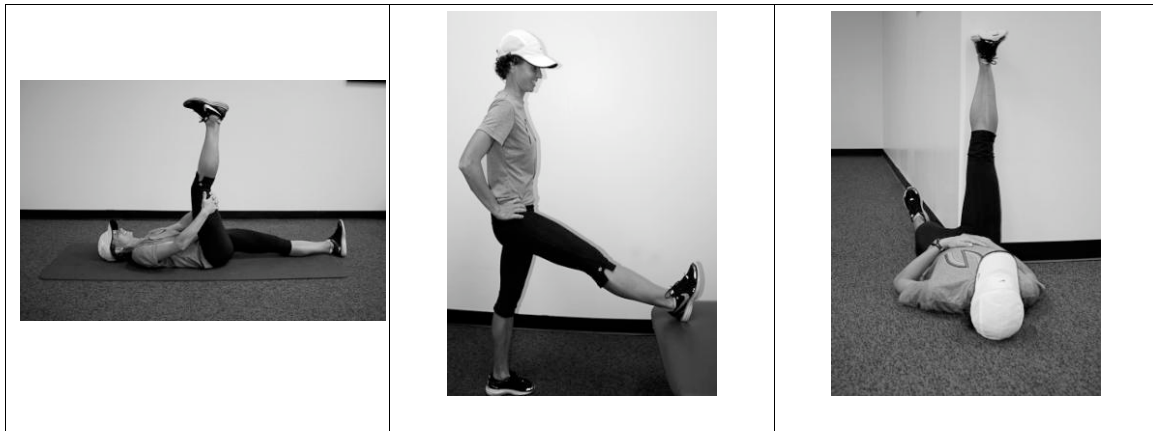


STATIC STRETCHES

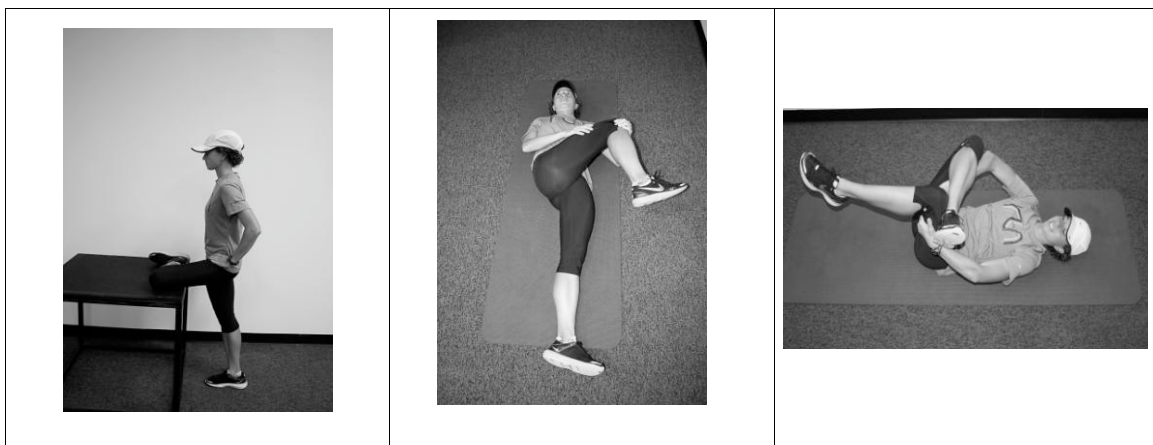
Perform 1 or 2 of the listed stretches/muscle group. Hold stretch 20-30 seconds and repeat 2 times.
Ensure that these stretches are performed regularly to a point of stretch – NOT beyond.



CALF STRETCHES

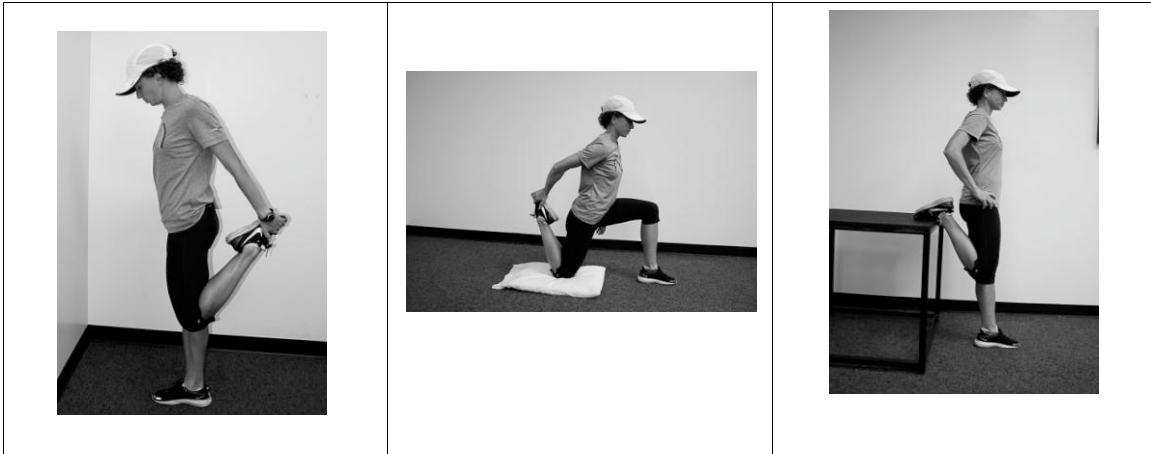


HAMSTRING STRETCHES

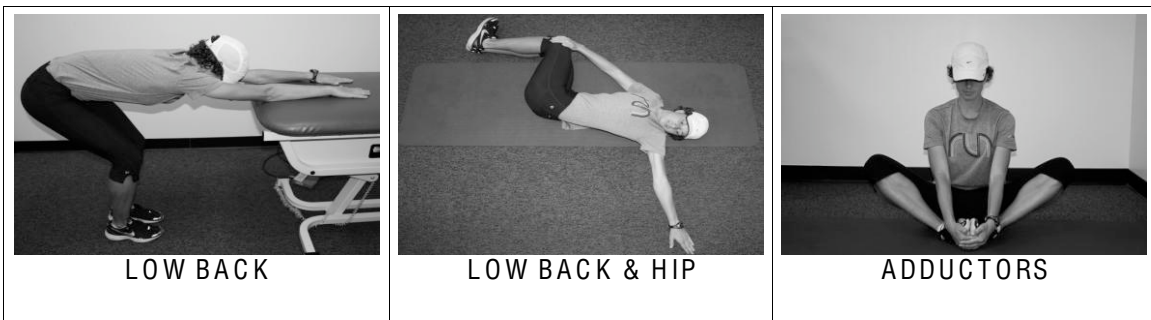


GLUTES & PIRIFORMIS STRETCHES

STATIC STRETCHES cont.



QUADS & HIP FLEXOR STRETCHES



LOW BACK

LOW BACK & HIP

ADDUCTORS



TFL & IT BAND