



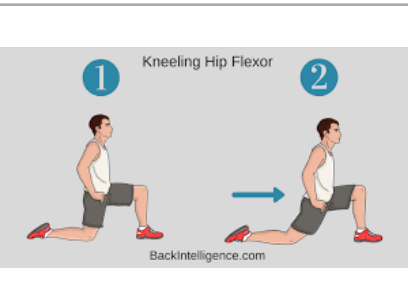
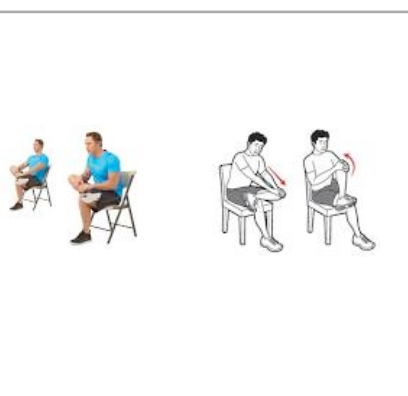



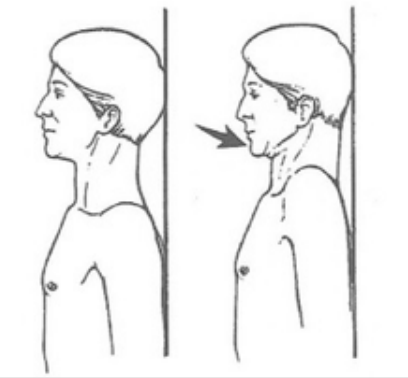
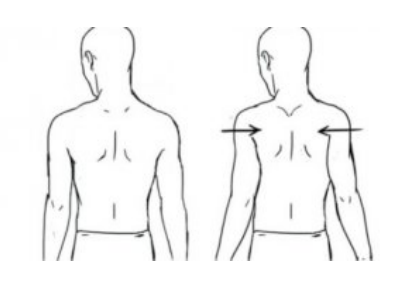




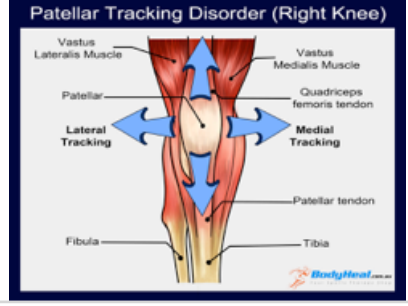


<div>Stretches:</div> <div>Daily: 1-3 sets for 15 to 45 seconds hold</div>		
<div>Standing (foot up or on floor) or Floor Hamstring Stretches</div> <div>Either Position keep back straight, go to first resistance barrier and hold for 15 to 45 seconds for 1-3 sets. Variation: point toe in and out</div>		
<div>Quadriceps Stretch</div> <div>Keep back straight and hold for 15 to 45 seconds for 1-3 sets. You can also do this sidling on floor.</div>		https://www.acefitness.org/education-and-resources/lifestyle/exercise-
<div>Calf Stretch</div> <div>Straight Leg and Bent</div> <div>Keep back straight and hold for 15 to 45 seconds for 1-3 sets. Do same stretch with bent knee.</div>		https://www.acefitness.org/education-and-resources/lifestyle/exercise-
<div>Standing Flexor Stretch</div> <div>Keep back straight, and support foot planted, go to first resistance barrier and hold for 15 to 45 seconds for 1-3 sets. Should feel stretch throughout upper thigh, lower back, and calf.</div>		https://www.acefitness.org/education-and-resources/lifestyle/exercise-
<div>Kneeling Hip Flexor Stretch</div> <div>In a kneeling lunge position push kneeling hip forward, go to first resistance barrier and hold for 15 to 45 seconds banditry to lean back at end of motion for 1-3 sets. Should feel stretch throughout upper thigh and lower back</div>		
<div>Seated Glute/Inner Thigh Stretches</div> <div>Keep back straight, place ankle on opposite knee and bend forward, go to first resistance barrier and hold for 15 to 45 seconds for 1-3 sets. Second: Keeping ankle on knee pull knee into chest. Should feel stretch throughout gluteal musculature. BOTH STRETCHES CAN BE DONE IN A STANDING POSITION. Third: Push knee down to stretch groin.</div>		
<div>Doorway Stretch</div> <div>Keep back straight, place arms along doorway and lean in and hold for 15 to 45 seconds for 1-3 sets. You can mix it up by raising and lowering your arms for different stretches.</div>		
<div>OverHead Triceps Stretch</div> <div>Keep back straight and hold for 15 to 45 seconds for 1-3 sets.</div>		https://www.acefitness.org/education-and-resources/lifestyle/exercise-
<div>Rear Shoulder Stretch</div> <div>Keep back straight and hold for 15 to 45 seconds for 1-3 sets.</div>		
<div>Chin Tucks</div> <div>Hold for 5 seconds for 5 to 10 reps for 1-3 sets.</div>		
<div>Scapular Squeeze</div> <div>Hold for 5 seconds for 5 to 10 reps for 1-3 sets.</div>		
<div>Back Extension Stretch</div> <div>Hold for 15 to 45 seconds for 1-3 sets.</div>		
<div>Cobra</div> <div>Hold for 15 to 45 seconds for 1-3 sets.</div>		https://www.acefitness.org/education-and-resources/lifestyle/exercise-
<div>Cat Cow Stretch</div> <div>Several Reps</div>		https://www.acefitness.org/education-and-resources/lifestyle/exercise-
<div>Child's Pose Stretch</div> <div>Keep back straight and hold for 15 to 45 seconds for 1-3 sets.</div>		https://www.acefitness.org/education-and-resources/lifestyle/exercise-
<div>Patella Femoral Mobility</div> <div>Use a roller for 20-45 seconds each leg and then move knee cap up and down then repeat quad stretch.</div>		
<div>Foam Roll for Mobility</div> <div>Use a roller for 20-45 seconds on a body part that is tight and then re-stretch. Ask a trainer on how to perform.</div>	