



Notes:

Hip Flexors Supine - Bed

Lying on back on bed with hips at very edge and legs hanging off edge.
Hug one knee to chest and let other leg hang to feel a stretch in the front of that thigh.

| | |
|---------|--------|
| Sets: | |
| Reps: | 2x |
| Weight: | |
| Hold: | 15 sec |
| Rest: | |
| 2 x/day | |

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Hip Flexors / Low Lunge

Down on one knee in a lunge position so that knees remain shoulder width apart, back toe is turned inward and shin is on the floor.
Lunge position should be long enough so that the front knee should not bend past 90°.
Keep upper body square and upright and gently tuck pelvis under to feel a stretch in the front of the hip and thigh.

| | |
|---------|--------|
| Sets: | |
| Reps: | 2x |
| Weight: | |
| Hold: | 15 sec |
| Rest: | |
| 2 x/day | |

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Single Knee to Chest

Lying on back with knees bent and feet flat on the floor (can perform stretch sitting or standing as well).
Hug one knee up toward chest, hugging under the knee joint, to feel a stretch in the buttocks.

| | |
|---------|--------|
| Sets: | |
| Reps: | 2x |
| Weight: | |
| Hold: | 15 sec |
| Rest: | |
| 2 x/day | |

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Hamstrings - Chair

Stand facing square to a chair, feet shoulder width apart. Place heel of one foot up on chair, keeping knee straight and toes pulled back.
Slightly bend knee of supporting leg and direct buttocks backwards to feel a stretch in the back of the thigh.

| | |
|---------|--------|
| Sets: | |
| Reps: | 2x |
| Weight: | |
| Hold: | 15 sec |
| Rest: | |
| 2 x/day | |

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31