

STATIC STRETCHES

LOWER BODY



Hip Flexor Stretch



Lying Quadricep Stretch



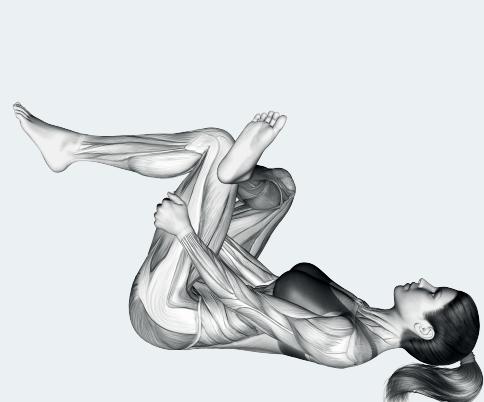
Standing Hamstring Stretch



Gastrocnemius Stretch



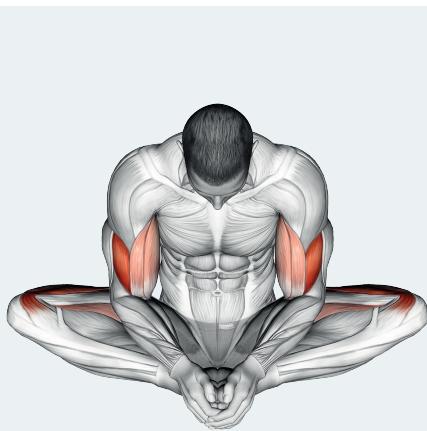
Standing Quadricep Stretch



Gluteal Stretch



Oblique and Adductor Stretch



Abductor Stretch