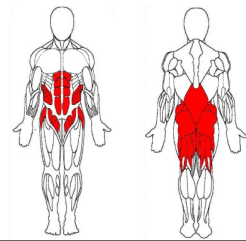


# STRETCHING

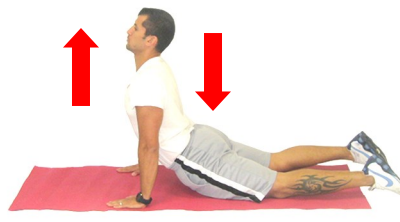
## LOW BACK & CORE



 Consult a physician before starting any stretching regime. This chart is for informational purposes only.



HAMSTRINGS & LOW BACK



ABDOMINAL & HIP FLEXORS



OBLIQUES



HAMSTRINGS & LOW BACK



LOW BACK



HAMSTRINGS & LOW BACK



GLUTES & ABDUCTORS



FULL BODY



GLUTES & ABDUCTORS



CALVES, HAMSTRINGS & LOW BACK



HAMSTRINGS & LOW BACK

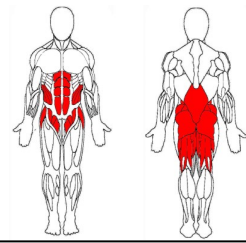


GLUTES, HAMSTRINGS & LOW BACK

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

# STRETCHING

## LOW BACK & CORE

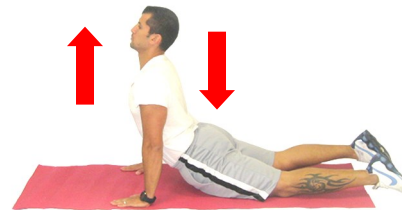


 Consult a physician before starting any stretching regime. This chart is for informational purposes only.



### HAMSTRINGS & LOW BACK

While sitting down on the floor, extend your legs straight and point your toes back toward your body. Extend your hands toward your toes.



### ABDOMINAL & HIP FLEXORS

Lie on your stomach and place hands down at the sides of your chest. Gently extend your arms to lift your upper body away from the floor while keeping your hips down on the mat as much as possible.



### HAMSTRINGS & LOW BACK

While lying down, bring both knees as close as possible toward your chest. Place both hands on top of your legs and gently lift your head toward your knees.



### LOW BACK

While in kneeling position, sit back on your heel and stretch the rest of the body forward as far as possible. Lower your upper body to the ground and extend your arms forward as far as possible.



### GLUTES & ABDUCTORS

Lay flat on the mat then place your left leg across your right leg. Place your right hand on the side of the left knee and press down gently until you feel a mild stretch in left hip / butt area. Switch sides.



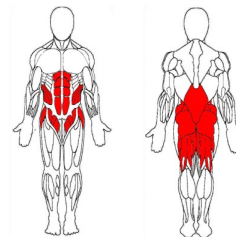
### FULL BODY

While lying down, extend both arms above your head and legs pointing down. Take a deep breath while stretching.

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

# STRETCHING

## LOW BACK & CORE



 Consult a physician before starting any stretching regime. This chart is for informational purposes only.



### OBLIQUES

Extend both arms up and slowly lean toward one side until you feel a mild stretch on the side of your abdominal area. Switch sides.



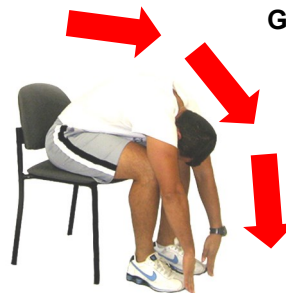
### HAMSTRINGS & LOW BACK

Slowly lean forward while keeping the legs straight. Reach down as far as comfortably possible until you feel a mild stretch in the low back, butt, and hamstrings area.



### GLUTES & ABDUCTORS

Sit down and cross your right leg by placing the right ankle on top of the left knee. Gently lean forward while keeping back straight until you feel a mild stretch in the buttocks and outer thigh area. Switch sides.



### GLUTES, HAMSTRINGS & LOW BACK

Sit down and separate your leg. Gently lean forward while keeping back straight until you feel a mild stretch in the buttocks and hamstrings area.



### CALVES, HAMSTRINGS & LOW BACK

While lying down, extend both legs up and place a towel around the balls of your feet. Gently pull the towel ends toward you while slowly pointing your toes toward your body.



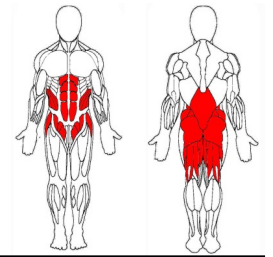
### HAMSTRINGS & LOW BACK

While lying down, extend both legs up and place a towel behind your calves. Gently pull the towel ends toward you.

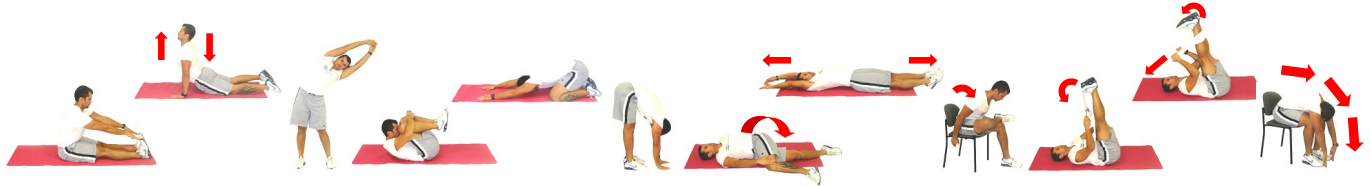
• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

# STRETCHING LOG

## LOW BACK & CORE



**⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.**



	Hamstrings & Low Back	Abdominal & Hip Flexors	Obliques	Hamstrings & Low Back	Low Back	Hamstrings & Low Back	Glutes & Abductors	Full Body	Glutes & Abductors	Calves, Hamstrings & Low Back	Hamstrings & Low Back	Glutes, Hamstrings & Low Back
Mon												
Tue												
Wed												
Thurs												
Fri												
Sat												
Sun												

**Stretch daily • Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain**