

Notes :

1 Calf stretch (soleus)

Stand facing a wall or object and place your foot up against the wall.
With your knee bent, lean forward until you feel a stretch in the calf and hold the position.



Sets: 3 Hold: 30

3 Hip flexors stretch

Position yourself in a half-kneeling stance with the leg to stretch placed behind.
Lean forward at the hip while twisting your trunk toward the front leg.



Sets: 3 Hold: 30

5 Quadriceps stretch

Start in a half-kneeling position with the leg to be stretched behind you.
Lean forward from the hips making sure not to let your lower back arch.
Pull your ankle towards your buttock until you feel a gentle stretch in the front of your thigh.
Hold this position for the prescribed time.
Kneel on a soft surface and do not do this stretch if there is pain or too much pressure on the knee cap.



Sets: 3 Hold: 30

7 Bretzel stretch

Lie on your side with your neck supported.
Bend your knees and hips just short of 90 degrees.
Hold the top knee with the bottom hand and move your bottom leg back, bringing your thigh as far behind the plane of your body as possible, then bend the knee as much as possible and try to grasp your ankle with your hand (it is possible to use a belt or strap if your flexibility is limited).



Once you are in position with both legs secured (without any slack), rotate the shoulders so you face the ceiling, helping the movement with your head (looking where you're heading).
Do not give any slack in your legs as you turn.

Sets: 3 Duration: 30sec

2 Standing calf stretch on wall

Put the leg to be stretched behind with the heel on the floor and toes pointing directly forward.
Place both hands on the wall and extend the rear knee while pushing the hips forward without bending the back knee until you feel a stretch in your back calf. Hold the stretching position.

Sets: 3 Duration: 30 sec Hold: 30

4 Stretching quadriceps

Stand in front of a chair and hold on to it with one hand. Grab the top of one ankle with one hand and pull your foot towards your buttock until you feel a gentle stretch in front of the thigh. Hold the stretch, keeping your lower back neutral and return to the initial position.



Sets: 3 Hold: 30

6 Rectus femoris stretch

Lying on your side, place a towel around your ankle of the top leg.
Bend the opposite leg slightly to properly position your pelvis.
Pull the towel with your arm, bending your knee and pulling your leg back until a stretch is felt in front of your thigh.
Hold the position.



Sets: 3 Hold: 30

8 Adductors mob.

Start half-kneeling with the front leg rotated 90° to the side.
Lean toward the front leg to stretch the adductors of the back leg and get back up.
Repeat.



9 Lying butterfly stretch

Lie on your back.
Bend your knees and place the soles of your feet together.
Let your knees drop slowly away from each other until you feel a comfortable stretch in your groin.
Relax.

**11 Adductors stretch**

Stand with a wide split stance.
Lean towards one side, creating a straight leg on the opposite side.
You should feel a stretch along the inside of the leg.
Maintain the position for the recommended time.



Sets: 3 Hold: 30

13 Lower back foam roller

Sit down on the floor in front of a foam roller and engage the abdominals while lying your back on the roller, so it's positioned under your lower back region.
Slowly and gently massage the region by moving yourself up and down over the roller, staying between your ribcage and pelvis.
Make sure your abdominals are engaged and actively participating in holding the position to prevent any extension of the lower back.



Sets: 3 Hold: 30

15 Seated hamstrings stretch

Sit on the edge of a sturdy chair with one leg straight out in front of you and the other knee bent.
Stick your hips back while keeping your back straight, as you bend forward to feel a stretch behind your straight leg.
Hold the position for the recommended time.

**10 Adductor stretch**

Start on all fours with your knees spread apart and your feet turned outward.
Slowly move your hips backward-15-30"-to feel a stretch in the hips, keeping your back flat.
It's important that the movement remains pain-free (do not cause pain).
Move forward to release the stretch.
Repeat the exercise as directed.



Sets: 3 Hold: 30

12 Stretching adductors

Sit on the floor with your legs outstretched and apart.
Bend your body forward until you feel a stretch on the insides of your thighs.
Relax.
When you bend your body forward, do not bend your knees. Keep your legs straight.



Sets: 3 Hold: 30

14 Hamstrings stretch

Bring one knee up towards your chest.
While holding your thigh with one hand, lift your foot up with the other so as to stretch the back of your leg.
Hold.



Sets: 3 Hold: 30

16 Back muscles stretching

Start on all fours.
Round your back by pushing down on your hands, and hold the position for the recommended time.
Without moving your hands, lower your buttocks onto your heels. Then move your hands forward.
Hold the stretch for the prescribed time.



Sets: 3 Hold: 30

17 Mid-back mobility - angel

Lie lengthwise on a long foam roll, knees bent, lower core engaged, and head in a neutral nod. Start with your arms by your side, elbows bent and hands dropped outwards. Keeping the arms back in line with your body, reach up sideways to overhead, like making a snow angel. Return your arms to upright and repeat.

Sets: 3 Reps: 5

18 Mid-back extension

Lie on the floor over a foam roll or rolled towel with the roll perpendicular to the body, knees bent, and interlaced hands supporting under the back of the head. Start with the roll at the tightest level of the spine. Keep the lower core activated and the low back curled, and the chin tucked throughout the exercise. Drop back over the foam roll, creating an arch in the mid back to mobilize the stiff area. Be sure not to arch the low back or neck. Return to the starting position, and repeat. The roll can be moved up or down several levels and the arch back repeated to loosen the stiff area.

Sets: 3 Hold: 30

19 Thread the needle

Start in a four point position with your hands directly under the shoulders and the knees under the hips. Keep your chin in, back straight and shoulders back. With one arm reach under the other as far as possible rotating and rounding your upper back. Bring your arm back and reach back in the opposite direction as far as possible. Keep your elbow bent to 90 degrees and look at your moving hand at all times. Repeat with the other arm if indicated.

20 Upper back mobilization

Lie on the floor over a small soft ball with knees bent and interlaced hands supporting the back of the head. Slowly lower your pelvis and head toward the ground to arch over the ball.

Sets: 3 Hold: 30

21 Passive ROM Extension

Place your foam roller on the floor and take a kneeling four point position with your wrists on the foam roll in front of you. Roll the foam roll forward by stretching your spine and lowering your chest towards the floor.

Sets: 3 Reps: 10 Hold: 30

22 Half cobra stretch

Start on your stomach and elbows with your hands in front of you. Lift yourself up on your elbows, pulling up one vertebra at the time to stretch the spine.

Sets: 3 Hold: 30

23 Quadruped hip stretch

On all fours, bring the knee of the leg to be stretched forwards and cross the ankle with the other knee. Shift your weight to the side to be stretched. Keep your trunk stable. You will feel a stretch in the buttock and/or hip. Hold.

Notes :

**1 Calf stretch (soleus)**

Sets: 3 Hold: 30

GEN44447

**2 Standing calf stretch on wall**

Sets: 3 Duration: 30 sec Hold: 30

XGEN1659

**3 Hip flexors stretch**

Sets: 3 Hold: 30

GEN94183

**4 Stretching quadriceps**

Sets: 3 Hold: 30

XGEN270

**5 Quadriceps stretch**

Sets: 3 Hold: 30

GEN109442

**6 Rectus femoris stretch**

Sets: 3 Hold: 30

GEN191666

**7 Bretzel stretch**

Sets: 3 Duration: 30sec

GEN97414

**8 Adductors mob.**

ECH41373

**9 Lying butterfly stretch**

XGEN249

**10 Adductor stretch**

Sets: 3 Hold: 30

GEN196606

**11 Adductors stretch**

Sets: 3 Hold: 30

GEN2521

**12 Stretching adductors**

Sets: 3 Hold: 30

XGEN236

**13 Lower back foam roller**

Sets: 3 Hold: 30

GEN299506

**14 Hamstrings stretch**

Sets: 3 Hold: 30

XGEN276

**15 Seated hamstrings stretch**

GEN120247

**16 Back muscles stretching**

Sets: 3 Hold: 30

GEN119444

**17 Mid-back mobility - angel**

Sets: 3 Reps: 5

GEN98314

**18 Mid-back extension**

Sets: 3 Hold: 30

GEN98315

**19 Thread the needle**

GEN12440

**20 Upper back mobilization**

Sets: 3 Hold: 30

GEN227343

**21 Passive ROM Extension**

Sets: 3 Reps: 10 Hold: 30

GEN13815

**22 Half cobra stretch**

Sets: 3 Hold: 30

GEN212783

**23 Quadruped hip stretch**

GEN2469