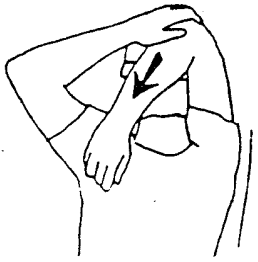
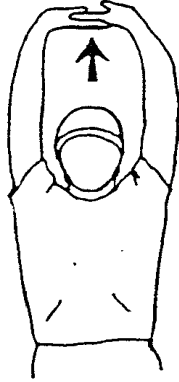


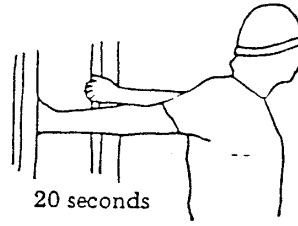
FLEXIBILITY ROUTINE



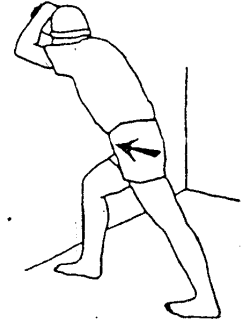
15 Seconds each arm



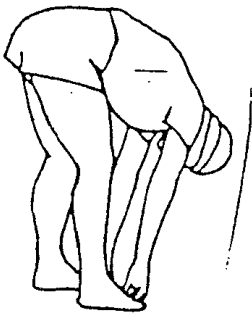
20 Seconds



20 seconds



25 seconds each leg



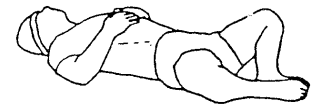
30 seconds



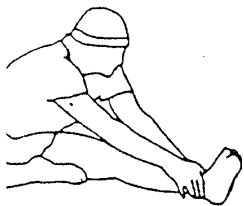
20 seconds



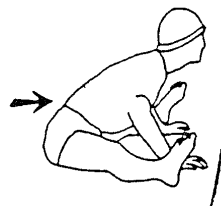
30 seconds



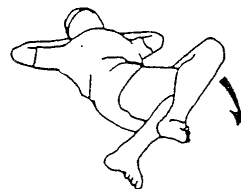
20 seconds



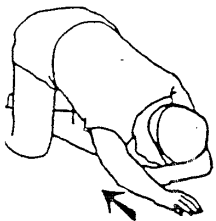
25 seconds



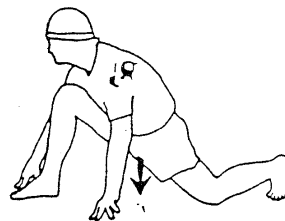
30 seconds



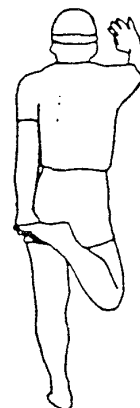
25 seconds each side



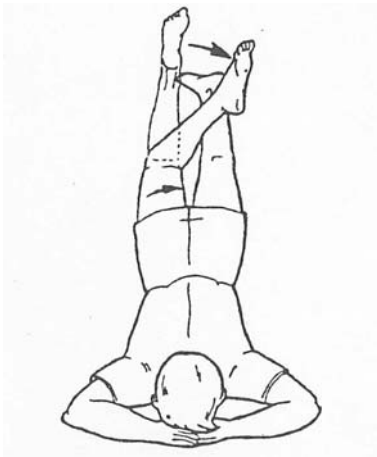
15 seconds each arm



20 seconds each leg



15 seconds each



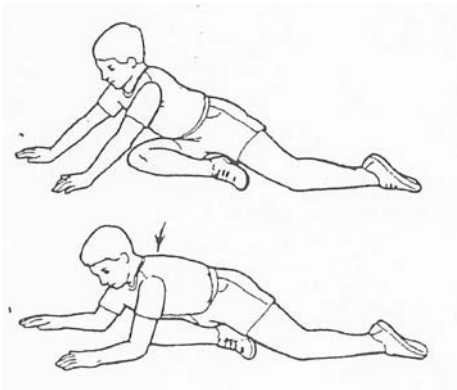
Exercise 1 of 4
HIP EXTERNAL ROTATION

1. Lie on belly with right knee bent to 90 degrees
2. Allow the lower leg to rotate as shown, keeping the knee bent
3. Hold 20 – 30 seconds
4. Repeat on opposite leg, 2-3 times



Exercise 2 of 4
HIP EXTERNAL ROTATION/FLEXION

1. Standing propping right leg on solid object as shown
2. Lean your trunk forward so that you feel a stretch
3. Hold 20-30 seconds
4. Repeat on opposite leg 2-3 stretches



Exercise 3 of 4
HIP EXTERNAL ROTATION/FLEXION

1. Assume position shown, with right hip and knee bent, toe pointing toward opposite hip
2. Bend elbows and press trunk downward so that you feel a stretch
3. Hold for 20-30 seconds
4. Repeat on opposite side, 2-3 times



Exercise 4 of 4
HIP EXTERNAL ROTATION/FLEXION

1. Lie on back holding right knee and ankle as shown
2. Hold knee stable as you pull ankle toward your chest so that you feel a stretch
3. Hold 20-30 seconds
4. Repeat on opposite side, 2-3 times