



Description	Example
<ul style="list-style-type: none"> - Lying on your back - Cross one leg over your opposite knee - Pull your knee towards your chest - Hold 30 seconds, repeat twice 	 <p data-bbox="1077 592 1361 624"><i>Figure 1: Glute stretch</i></p>
<ul style="list-style-type: none"> - Lying on your back - Lift one knee towards chest - Use hands to apply overpressure on knee - Hold 30 seconds, repeat twice 	 <p data-bbox="1077 951 1361 983"><i>Figure 2: Glute stretch</i></p>



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- Sit with one leg straight and the other bent in the “butterfly” position
- Point your toes towards the roof
- Lean forward and try to touch your toes
- Hold 30 seconds, repeat twice



Figure 3: Hamstring stretch

- Stand holding onto a stable surface for balance
- Pull one foot towards your backside
- Keep knee in line with support leg
- Hold 30 seconds, repeat twice



Figure 4: Quad stretch



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- Lean into a wall or other stable surface
- One foot forward, bent knee
- Other foot back, straight knee
- Keep heel to the ground
- Hold 30 seconds, repeat twice

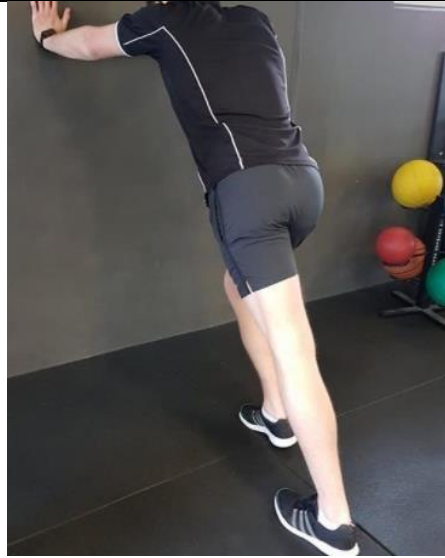


Figure 5: Calf stretch



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