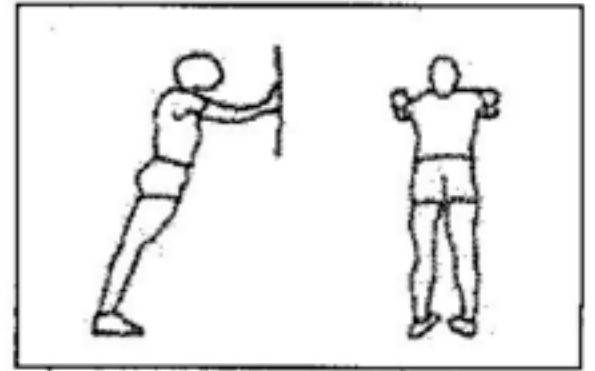


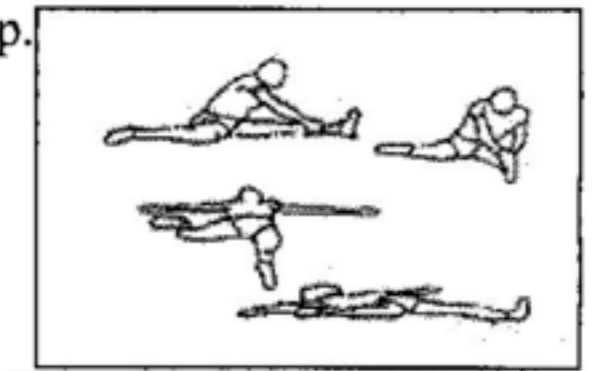
1) ACHILLES

Step back a few foot lengths from a wall. Stand with your feet in a pigeon toed position and spread them apart (a little wider than your pelvis). Keeping your heels on the ground, and your knees straight, put your arms straight out and bend/lean towards the wall. If it pulls too much on the back of your legs, move closer to the wall. If there is no stretch in the back of the calf, move further away. Hold each stretch for 30-60 seconds. Repeat this exercise 5-10 times.



2) HURDLER'S STRETCH

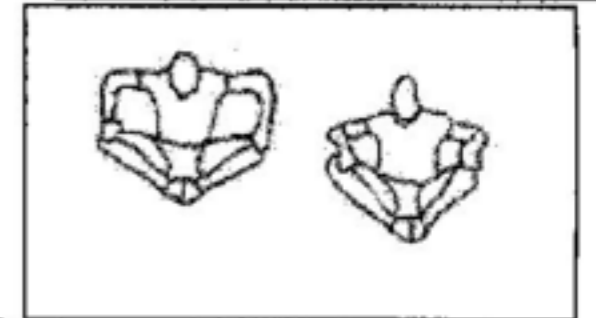
(Quadriceps & Hamstrings) Sitting down in a hurdler's position with one leg extended forward and the other leg bent behind. Lean forward attempting to grasp the ankle and touch your nose to the knee. This position stretches the hamstring muscles. Now lean back trying to lie down on your back. You will feel a stretch on the front of your bent leg. This stretches the quadriceps muscle group. Hold each position for 10 seconds and Repeat 5-10 times each.



Switch positions so that the bent leg is now the straight leg and the straight leg is bent. Repeat this exercise 5-10 times.

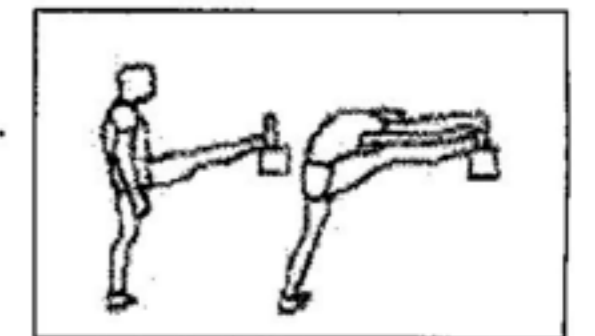
3) GROIN

In a sitting position, keep the back straight, bend the knees, place the bottom of the feet together and pull the feet towards the groin. Place your hands on your knees and push the knees towards the floor. Hold the stretch for 30-60 seconds. Repeat this exercise 5-10 times.



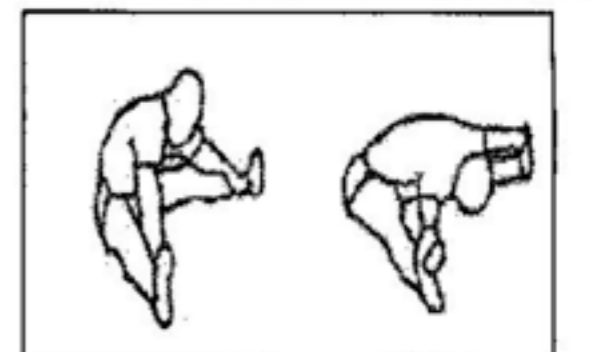
4) HAMSTRING

In a standing position, place one leg up and on an object which is higher than the waist. Keep both legs straight. Try to grasp the ankle of the elevated leg and attempt to bend forward towards the knee. Switch leg positions with opposite leg. Hold each stretch for 30-60 seconds. Repeat this exercise 5-10 times.



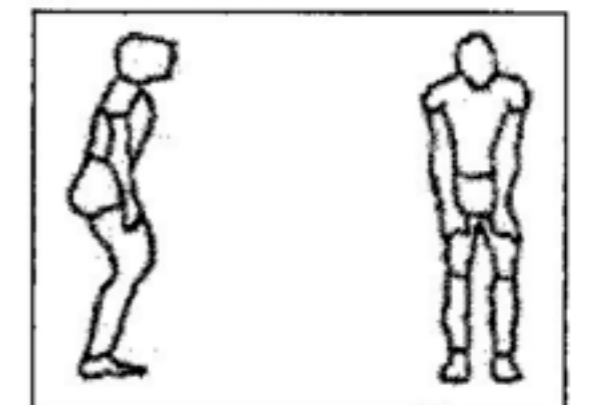
5) GROIN & HAMSTRING

In a sitting position with the legs widely spread and your feet pulled back toward your knees, grasp your ankles and attempt to bend forward and touch your nose to the ground. Hold this stretch for 30-60 seconds. Repeat this exercise 5-10 times.



6) ACHILLES TENDON & FRONT of the ANKLE

Keep your feet flat on the ground, approximately 6 inches apart. Keep your back straight, bend your ankles and bend your knees forward. Go down to the point of tightness and then hold this. Hold this position for 30-60 seconds. Repeat this exercise 5-10 times.



7) BOTTOM of FEET & HEEL

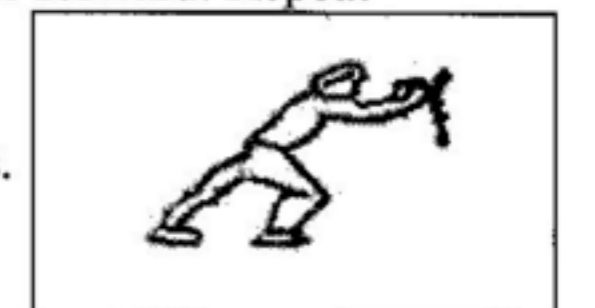
Stand on balls of your feet and while going up on your toes, turn your heels inward and then go down & out. Do this slowly without bouncing, 10 times.

8) CALVES

Stand in front of wall with one foot forward and one back with feet straight. Bend knees forward keeping your heels on the ground while leaning towards the wall. Hold for 30-60 seconds. Reverse feet with other one forward. Repeat

9) BOTTOM of FEET

Use towel to pull forefoot back keeping knees straight. Hold for 20 seconds. Repeat 10 times.



10) BOTTOM of FEET

While sitting on a chair, roll the bottom of your foot over either a tennis ball, rolling pin or small frozen water bottle. Go back and forth from heel to toes while putting downward pressure to the bottom of the foot.