

**Flexibility - No Equipment**

The following flexibility exercises will help bring balance back to your body, relieving tension and the associated aches and pains. Active-isolated stretching will help lengthen short or stiff muscles by re-programming your muscles to contract and relax through new ranges of motion.

**Hold each stretch for 2 seconds while exhaling, then relax back to the start position and continue for 10 reps each. Do not bounce through the end range of the stretch.**

1



**BENT KNEE HAMSTRING STRETCH**

- Pull knee to chest, grasping behind the knee with both hands
- Actively straighten knee, gently assist with hands until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

4



**QUAD/HIP FLEXOR STRETCH - 1/2 KNEELING**

- Keep a slightly forward lean in torso, engage torso & contract the glute of your back leg
- Maintain posture, shift body slightly forward. Exhale & hold the stretch for 2 seconds
- Avoid excessive arching in your lower back
- Complete reps, repeat on opposite side

2



**KNEE HUG - SUPINE**

- Actively lift knee to your chest, gently assist by grabbing the knee & pulling it closer to chest
- Exhale & hold the stretch for 2 seconds, then return to the starting position
- Keep your non stretching leg flat on the floor by pushing the bottom of your heel away from your head
- Complete reps, repeat on opposite side

5



**TRICEPS STRETCH**

- Lift one arm up over head & reach hand down your back, gently assist with opposite hand
- Exhale & hold for 2 seconds, then relax & repeat
- Keep your back flat & torso engaged throughout the stretch
- Complete reps, repeat on opposite side

3

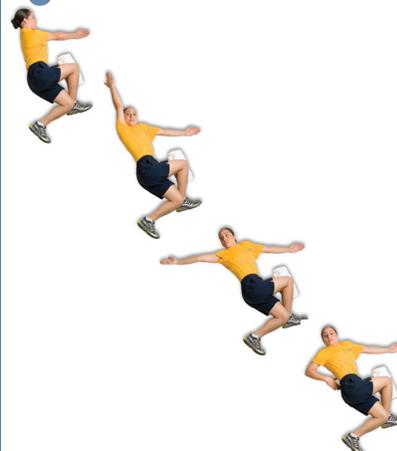


**LEG CRADLE - SUPINE**

- Actively lift knee to your chest, placing one hand on knee & one under ankle
- Pull leg to chest with both hands into a gentle stretch
- During the movement, contract the glute of the leg that's on the ground
- Complete reps, repeat on opposite side



6



**90/90 STRETCH - W/ ARM SWEEP**

- Lie with left knee bent 90°, your right leg crossed over the left
- Roll onto left side with knee and the deck
- Keep hips still, rotate chest & sweep with long arm - palm up, bending your elbow at the end reaching for your back pocket - palm down. Hold 2 sec
- You should feel a stretch through your torso, mid/upper back, chest & shoulder
- Complete reps, repeat on opposite side