

Lower Body Stretch

Hold each pose for at least 30 seconds



HAMSTRINGS & LOW BACK



QUADRICEPS

WALL



CALVES



GROIN & ADDUCTORS



FULL BODY



ABDOMINAL



HAMSTRINGS & LOW BACK



GLUTEAL & ABDUCTORS



CALVES, HAMSTRINGS & LOW BACK



GLUTEAL & ABDUCTORS



GLUTEAL & LOW BACK