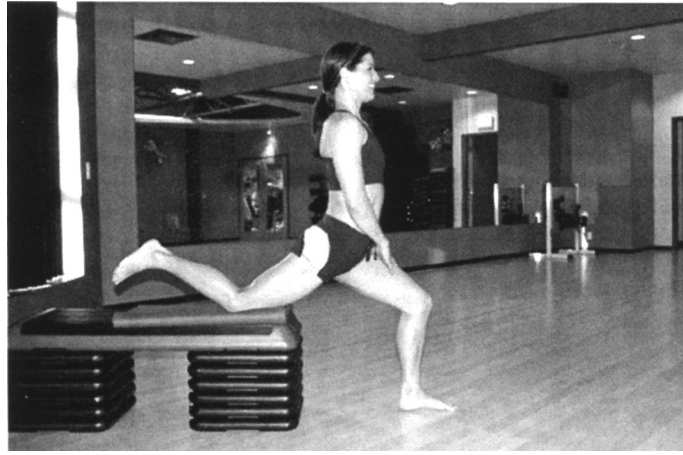


Lunge Stretch (Psoas and Quads)

Put one knee on chair or bed or bench with the opposite foot on the floor with slightly bent knee (keep knee directly over foot) as shown in photograph. Keeping good posture bend knee of forward leg as much as possible thus forcing the posterior thigh into extension and stretching the psoas and quadriceps muscles of the posterior leg. Hold this position for at least 30 seconds. Repeat for opposite leg.



Supine Hamstring Stretch (Hamstrings)

Lie flat on your back and flex one thigh to 90-degrees keeping the knee bent at 90-degrees as shown. Point your toe and slowly straighten your leg as much as possible and hold for at least 30 seconds. Repeat for opposite side.

