

**YOUR DVD CODE: 259 - 397 - 507 - 442**

**1: 259 - Quadriceps Stretch -- Side Lying**



- Lie on side.
- Grab your ankle with your top hand, slowly bringing your heel toward your buttocks until a comfortable stretch is felt.

Sets: 2   Reps: 2   Sessions: 2 Everyday   Hold Time: 10s   Side: Both

**2: 397 - Hamstring Stretch -- Seated (Unilateral)**



- Sit with one leg bent and the other straight
- Slowly lean trunk forward until you feel a stretch

Sets: 2   Reps: 2   Sessions: 2 Everyday   Hold Time: 10s   Side: Both

**3: 507 - Side-Bending Stretch In Standing**



- Stand with leg crossed over the other
- Slowly lean to side until stretch is felt

Sets: 2   Reps: 2   Sessions: 2 Everyday   Hold Time: 10s   Side: Both

**4: 442 - Stretch of Inner Thigh/ Groin**



- Sit with heels together
- Let knees fall downward
- Pull heels toward buttock until you feel a stretch

Sets: 2   Reps: 2   Sessions: 2 Everyday   Hold Time: 10s   Side: Both