

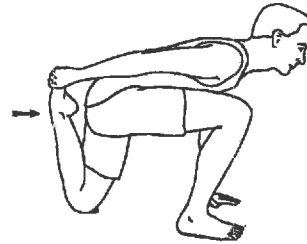
GROIN - 3 Thigh Adductors

Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold _____ seconds.



Repeat _____ times.
 Do _____ sessions per day.

UPPER LEG - 4. Quadriceps

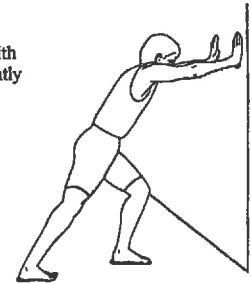


Holding left foot with right hand, pull foot toward buttocks until stretch is felt. Hold _____ seconds. Repeat with other hand and foot.

Repeat _____ times. Do _____ sessions per day.

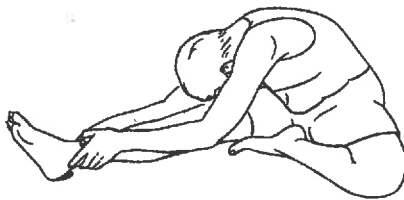
LOWER LEG - 8 Gastroc

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold _____ seconds. Repeat with other leg.



Repeat _____ times.
 Do _____ sessions per day.

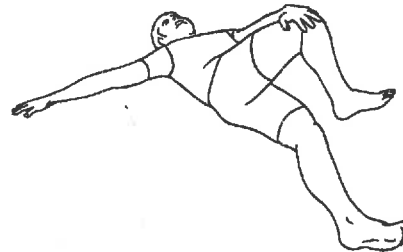
HAMSTRINGS - 3 Head to Knee



With hands on ankle, pull head toward knee and Hold _____ seconds. Repeat with other leg.

Repeat _____ times. Do _____ sessions per day.

HIP OBLIQUE - 6 External Rotators

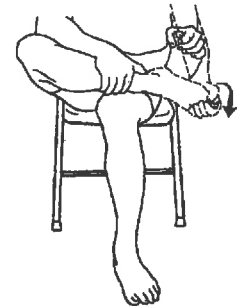


Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold _____ seconds. Repeat with other leg.

Repeat _____ times. Do _____ sessions per day.

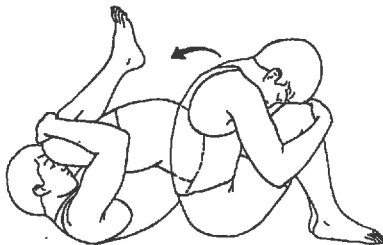
LOWER LEG - 4 Ankle

Support one leg on the other and rotate that ankle clockwise, then counterclockwise, 20-30 revolutions. Repeat with other ankle.



Repeat _____ times.
 Do _____ sessions per day.

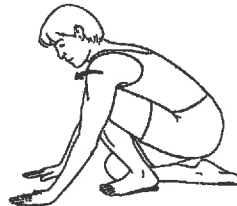
LOWER BACK - 5 Mid and Lower Extensors



With chin on chest, gently roll back and forth on spine.

Repeat _____ times. Do _____ sessions per day.

LOWER LEG - 12 Soleus



With toes even with knee, and heel 1" off floor, gently lean forward and lower heel toward floor until stretch is felt. Do not let heel touch floor. Hold _____ seconds. Repeat with other heel.

Repeat _____ times. Do _____ sessions per day.

WARM-UP - 5 Trunk Circle

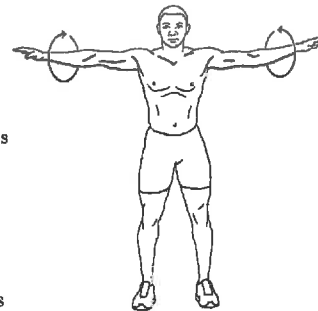
Stance wider than shoulders. Hands on hips. Circle from the hips and lower back. Start small; progress to large. Knees slightly bent. Back flat. Circle clockwise then counterclockwise.



Do ____ sets ____ reps.
Do reps both ways for one set.

WARM-UP - 6 Arm Circle: Lateral

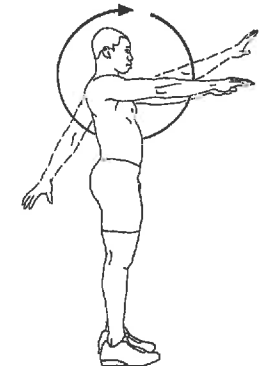
Athletic stance. Arms out to sides. Small circles forward then backward; progress to larger circles.



Do ____ sets ____ reps.
Do reps both ways for one set.

WARM-UP - 7 Arm Circle: Linear

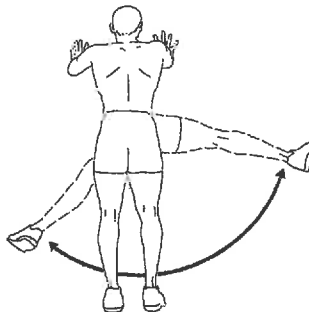
Arms in front. Circle arms together then alternating: forward and backward.



Do ____ sets ____ reps.
Do reps both ways for one set.

WARM-UP - 16 Leg Swing: Side

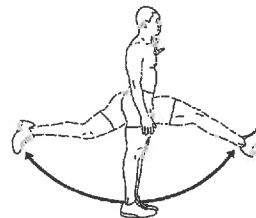
Stand, hands on wall. Fully swing one leg medially to laterally in front of body. Keep ankle dorsiflexed.



Do ____ sets ____ reps.
Repeat reps with other leg to perform one set.

WARM-UP - 17 Leg Swing: Forward

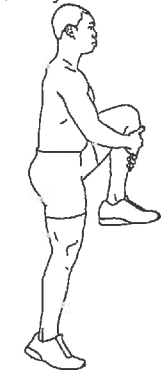
Stand erect arm perpendicular to wall for support. Fully swing one leg forward and backward. Keep leg straight, ankle dorsiflexed.



Do ____ sets ____ reps. Repeat reps with other leg to perform one set.

WARM-UP - 22 Knee Tuck: Stationary

Stand on balls of feet. Head and chest up. Lift one knee up. Clasp leg, pull to chest. Toe up, foot parallel to surface.



Do ____ sets ____ reps.
Repeat reps with other leg to perform one set.

WARM-UP - 23 Knee Tuck: Walking

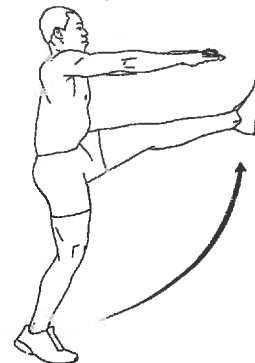
Stand on balls of feet. Head and chest up. Lift one knee up. Clasp leg, pull to chest. Toe up, foot parallel to floor. Step forward with raised leg and repeat exercise with other leg. Continue in same direction.



Left then right is one rep.
Do ____ sets ____ reps.

WARM-UP - 24 Power Kick: Stationary

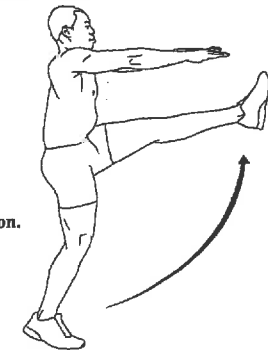
Stand on balls of feet, arms forward shoulder level parallel to floor. Keeping legs and back straight, kick one leg up to hands. Head and chest up.



Do ____ sets ____ reps.
Repeat reps with other leg to perform one set.

WARM-UP - 25 Power Kick: Walking

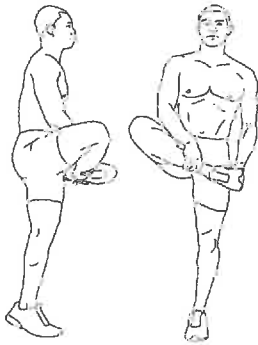
Stand on balls of feet, arms forward shoulder level parallel to floor. Keeping legs and back straight, kick one leg up to hands. Head and chest up. Step forward with raised leg and repeat exercise with other leg. Continue in same direction.



Left then right is one rep.
Do ____ sets ____ reps.

WARM-UP - 26 Figure Four: Stationary

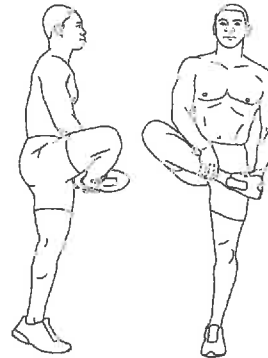
Stand on balls of feet. Lift one foot medially. Grasp ankle and heel. Lift to waist. Back straight, head and chest up.



Do ____ sets ____ reps. Repeat reps with other leg to perform one set.

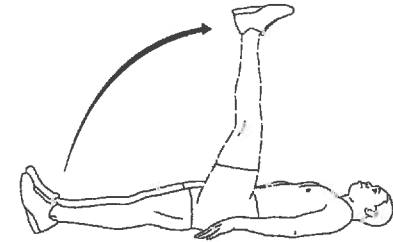
WARM-UP - 27 Figure Four: Walking

Stand on balls of feet. Lift one foot medially. Grasp ankle and heel. Lift to waist. Back straight, head and chest up. Step forward with raised leg and repeat exercise with other leg. Continue in same direction.



Left then right is one rep. Do ____ sets ____ reps.

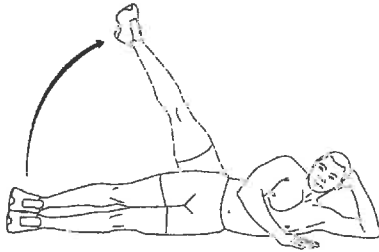
WARM-UP - 19 Kick: Supine High



Lie in supine position. dorsiflex ankles. Keep legs straight. Lift one leg up to 90° position.

Do ____ sets ____ reps. Repeat reps with other leg to perform one set.

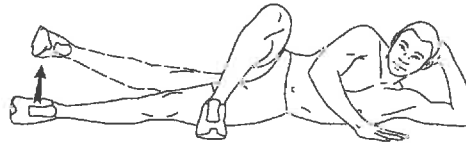
WARM-UP - 20 Leg Raise: Lying Lateral



Lie on side. dorsiflex ankles. Keep legs straight. Lift top leg toward ceiling.

Do ____ sets ____ reps. Repeat reps with other leg to perform one set.

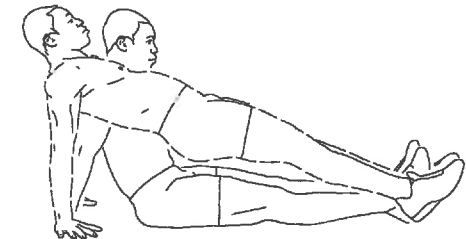
WARM-UP - 21 Leg Raise: Medial



Lie on side. Bend top leg, foot flat at thigh level in front of lower leg. Keep lower leg straight, ankle dorsiflexed. Lift lower leg up toward ceiling.

Do ____ sets ____ reps. Repeat reps with other leg to perform one set.

WARM-UP - 18 Hip Thrust

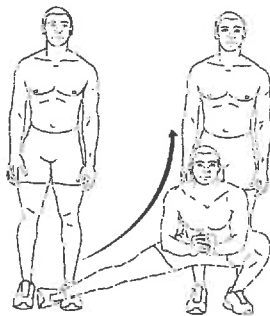


Sit on floor. Legs extended. dorsiflex ankles. Arms straight. Hands flat on floor behind body. Thrust hips toward ceiling keeping legs and back straight.

Do ____ sets ____ reps.

WARM-UP - 10 Shuffle Drag the Trail Leg

Start in athletic stance. Side step to left and drop hips. Head and chest up, shin vertical. Staying low, hips back, drag other leg over and, in one movement, come up into athletic stance. Repeat in same direction.



Do ____ sets ____ reps. Do reps both ways for one set.