





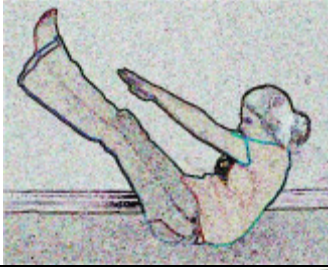


BASIC STRETCHES, WARMUPS, AND ISOMETRIC EXERCISES

	<p>STRETCHING: HAMSTRING (SUPINE) Using your rope with a loop in it, place the loop around your foot and straighten your leg until a stretch is felt in back of thigh. Hold 10 seconds. Repeat 5 times. Repeat with other leg.</p>
	<p>PIRIFORMIS Cross legs, with one on the top. Gently pull other knee toward chest until a stretch is felt in buttock/hip of top leg. Hold 10 seconds. Repeat 3 times per set. Repeat with other leg.</p>
	<p>PRONE QUAD STRETCH Lie on your stomach and grasp your foot with your hand and pull toward your buttocks until tension is felt in the front of the thigh. If you need to, use the looped piece of rope. Hold 10 seconds. Repeat 5 times. Repeat with other leg.</p>
	<p>GROIN STRETCH While seated bring the soles of your feet together and pull your feet in as close as possible toward your groin. Keep your knees as close to the ground as possible. As flexibility increases, begin leaning forward with a straight back. Hold 10-15 seconds and repeat 3-5 times. This can be easier when barefoot.</p>
	<p>CALF STRETCH - Incline Board Using an incline board or a stair step, stand so that your heels can lower to 3-4 inches below your toes. You will feel tension in your calf. Your calf may not have enough stretch for your heel to touch the bottom of the incline on your first try. Allow the stretch to occur for 10 seconds and repeat 3 times. You can do one leg at a time or both at once.</p>
	<p>PELVIC TILT Flatten back by lightening stomach muscles and buttocks. Hold 10 seconds. Repeat 10 times.</p>



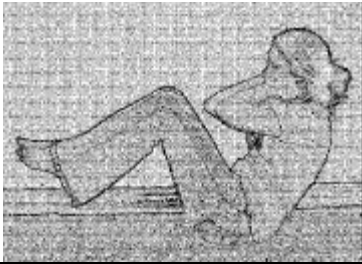
"V" SITUPS

Start by lying flat on the ground. As you bend your knees toward your chest and raise your legs to a 45 degree angle, stretch your hands towards the tips of your toes. Hold 10 seconds. Repeat 5 times. Increase the hold time to 20 seconds as you gain strength.



CURL- UPS

Keeping arms folded across chest, tilt pelvis to flatten back. Raise head and shoulders from floor. Hold 10 seconds. Repeat 10 times.



VARIATION

Lift feet off the ground 6-10 inches each time you bring your head and arms up.

ADDITIONAL STRETCHES



GLUTEAL SETS

Tighten buttocks while pressing pelvis to floor. Hold 10 seconds. Repeat 10 times.



SINGLE KNEE TO CHEST STRETCH

Pull one knee into chest until a comfortable stretch is felt in the lower back and buttocks. Repeat with opposite knee. Hold 10 seconds. Repeat 10 times on each side.



STANDING BACK EXTENTION

Stand with legs beyond shoulder width. Place hands on lower waistline, head forward. Arch back, exhale fully, and return to starting position. Repeat 10 times