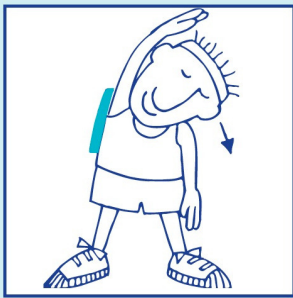


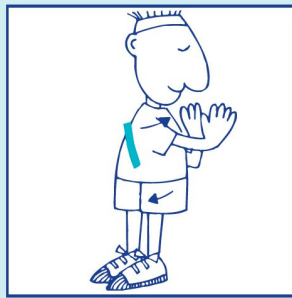
STRETCH BACK, HIPS AND LOWER LIMBS



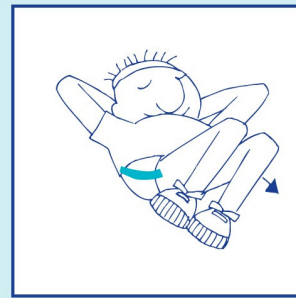
Goal: Stretching is a great way to start each day. We hope you tried a few of the neck and shoulder stretches from last week's tip. This week we stretch out our back, hips and lower limbs.



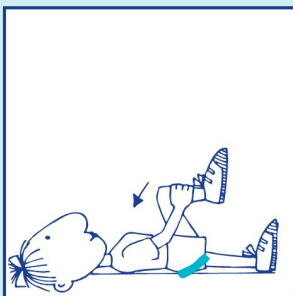
7. Side Flexion: Legs apart, bend sideways sliding hand down thigh.



8. Rotation: a) Feet facing away and firmly planted, rotate and touch wall.



b. Lying on back, legs bent and together, lower to side.



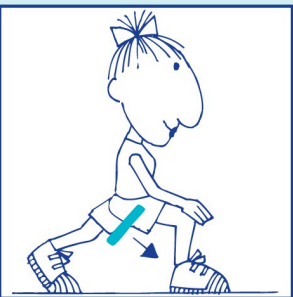
9. Gluteals: Lie on back and bring knee over chest. Add pressure to opposite side.



10. Ilio-tibal Band: Sit with foot against opposite thigh. Pull knee to chest and keep back straight.



11. Hamstring: Leg raised on bench, straighten leg and then back. Hips square.



12. Iliopsoas: Push hips forward and down. Keep hips square and stomach tight.



13. Quadriceps: Pull foot up behind. Push knee backwards, keep belly sucked in.



14. Adductors: Sit with soles of feet together and push knees to floor.