

1. CALF STRETCH

- lean into wall, immovable object with arms
- keep rear leg straight at the knee
- keep heel down, stretch upper calf in back leg



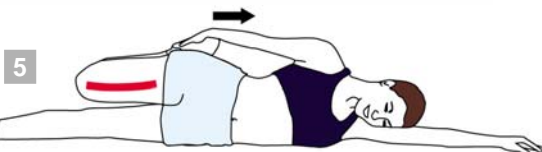
2. UPPER, OUTSIDE THIGH (IT Band) STRETCH

- cross legs over in front of body
- lean into straight leg
- stretch in upper, outer thigh of straight leg



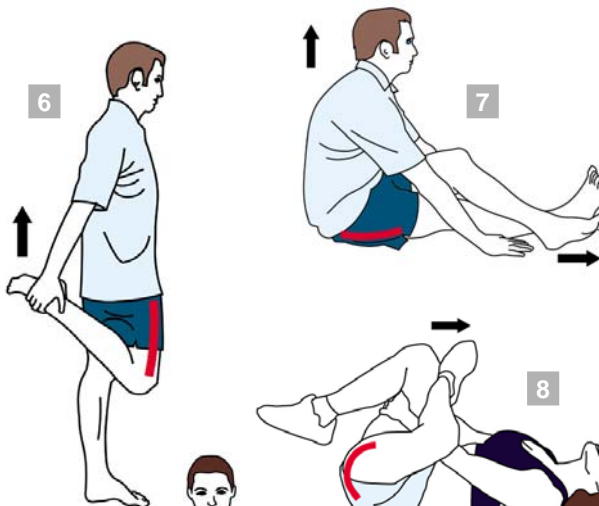
3. BACK CROSSOVER STRETCH

- lie on back, bend knee and hip, pull upper leg towards head
- keep shoulders flat on floor
- stretch low back and glute



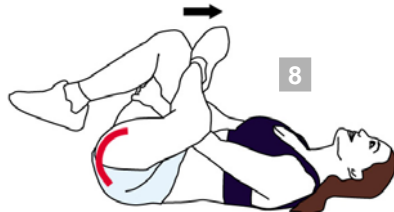
4. LOWER BACK KNEE TO CHEST

- lie flat on back, clasp hands on top of one shin
- pull up towards chest
- stretch glute and low back



5. UPPER LEG QUADRICEPS (SIDE LYING STRETCH)

- lie on one side, bend upper leg at knee
- clasp around ankle and pull into bottom
- stretch felt in front thigh



6. ALTERNATIVE QUADRICEPS

- standing, bend one leg at knee
- clasp around ankle and pull slowly into bottom
- feel stretch in front thigh



7. SIMPLE HAMSTRING STRETCH

- cross legs, places hands flat on floor
- keep back straight, slide hands forward slowly
- feel stretch in rear thigh

8. UPPER LEG (GLUT STRETCH)

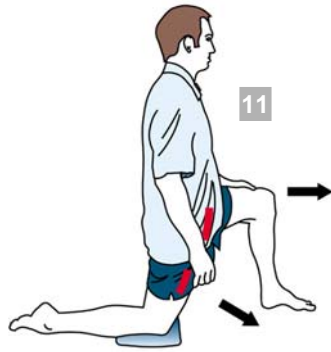
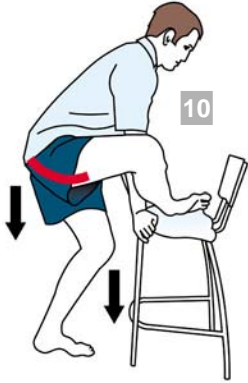
- lie flat on back, cross legs
- pull up on uncrossed leg
- stretch in glute

9. UPPER LEG GROIN (BUTTERFLY) STRETCH

- sit up straight, heels together
- pull feet into groin, keep knees down
- stretch along inner thigh



KEY	
	Direction of movement
	Where stretch is felt



10. ILIOTIBIAL STRETCH

- place outside of one foot up on a step, chair or ledge
- with a bent knee and hip, 'sit' weight into leg on chair
- feel stretch in glutes and outside thigh

11. EASY HIP FLEXOR STRETCH

- kneel on a towel, hip and knee at 90°
- push forward onto opposite leg and push hips forward
- feel stretch in front and upper thigh

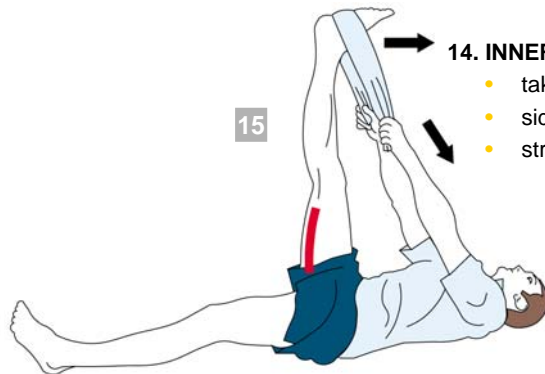
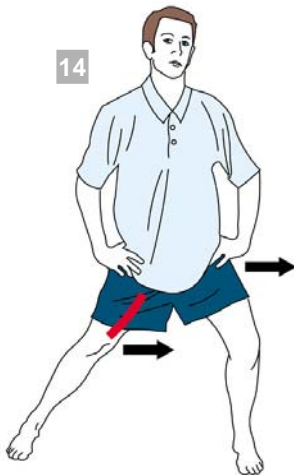


12. GLUT STRETCH

- bring knee up to chest and cross foot over other leg
- 'hug' the thigh and bring into chest
- feel stretch in glute and outside thigh

13. HARDER HIP FLEXOR STRETCH

- one legged kneel on a towel
- flex at hip and knee, in addition to a push in hips forward forward onto that side
- feel stretch in front thigh and groin

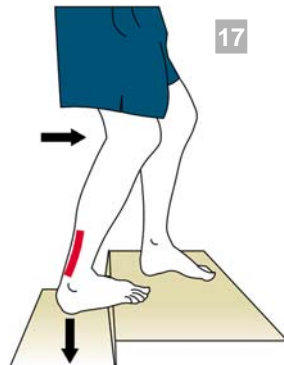
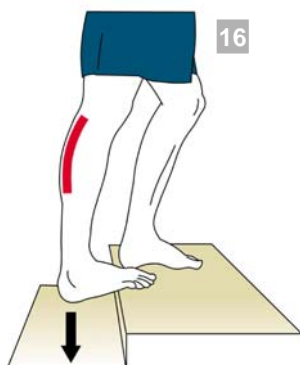


14. INNER THIGH STRETCH

- take a small step sideways, keeping that leg straight
- side bend at knee and place weight onto opposite leg
- stretch inner thigh of straight leg

15. HARDER HAMSTRING STRETCH

- lie on back, hook rolled up towel around mid foot of bent leg
- keep flat back, pull on towel slowly
- feel stretch in back of thigh



16. CALF STRETCH

- let heel of one foot hang over edge of a step
- keep knee straight, sink body weight into leg
- feel stretch in upper calf below the knee

17. LOWER CALF STRETCH

- bend back leg at knee
- keep heel down, sink into stretch
- stretch lower calf into achilles



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KEY

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	Where stretch is felt