

Flexibility - Static Stretching:

Hold each stretch: 20 seconds
Repetitions: 3 times
Frequency: 2-3 times per week



Prone Quad Stretch



Prone Hip Flexor Stretch



Hamstring Stretch with Strap



Adductor Stretch with Strap

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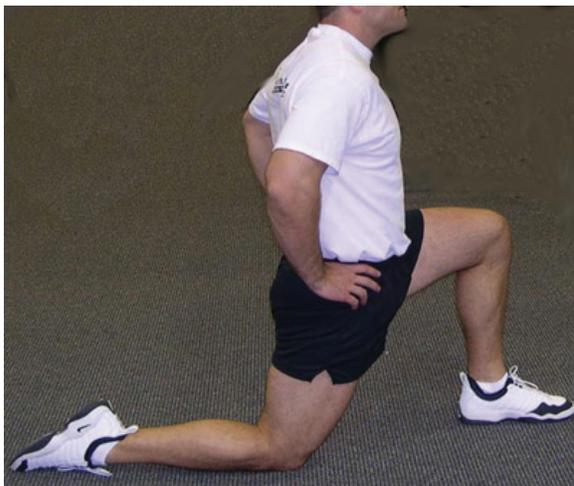
Piriformis Stretch with Strap



IT Band Stretch with Stretch



Calf Stretch with Strap



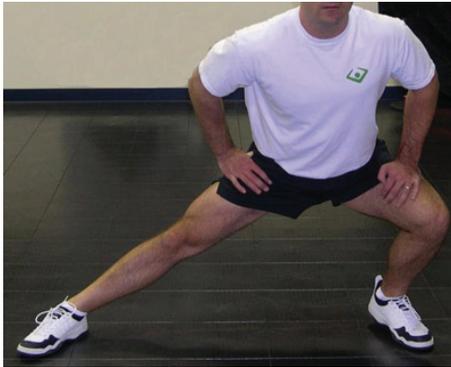
Kneeling Psoas Stretch

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Supine IT Band Stretch

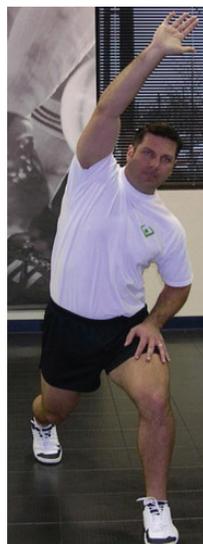


Standing Adductor Stretch

Flexibility - Dynamic Stretching



Active Psoas stretch: Side View



Active Psoas stretch:
Front View



Active Glut-Piriformis
Stretch

Bend standing leg to increase stretch



Iron Cross: Step 1



Iron Cross: Step 2



Downward Dawg: Step 1



Downward Dawg: Step 2