

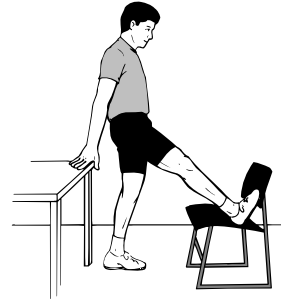
WARM-UP ACTIVITIES

STATIC STRETCHING: Stretch until you feel a gentle pull (not pain!) in your muscle. Hold each stretch for 20-30 seconds. DO NOT bounce. DO NOT hold your breath.

[] Hamstring Stretch

Hold onto a wall or firm object. Place one leg on a chair, stool or step. Choose a comfortable height that allows you to keep your knee straight. Lean forward to stretch the back of your thigh, while keeping your spine straight.

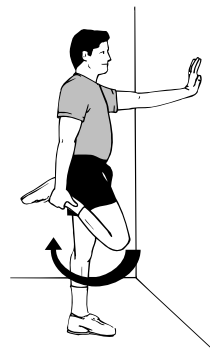
Repeat _____ times on each leg.



[] Quadriceps Stretch

Stand on one leg with the other leg bent at the knee. Hold the ankle of the bent leg behind you and try to touch your heel to your buttock.

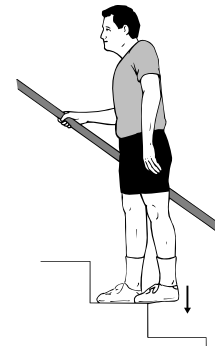
Repeat _____ times on each leg.



[] Calf Stretch

Stand holding onto a sturdy handrail or wall. Place the ball of one foot on a step. Lower your heel down toward the step below until you feel a gentle pull in your calf. Hold for 20 seconds.

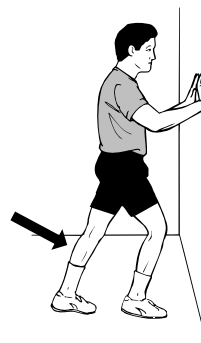
Repeat _____ times on each leg.



[] Calf Stretch

Stand facing a wall. Put one foot about 12 inches in front of the other. Bend the knee of your front leg and lean forward. Keep your back leg straight and the heel on the floor. Lean forward until you feel a mild stretch in your calf.

Repeat _____ times on each leg.



[] Knee Pull

Lie on your back. Flatten the small of your back onto the floor. Pull your knee toward your chest until you feel a pull in lower back. Gently lower your leg to the floor.

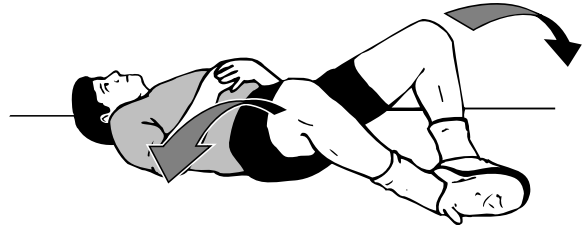
Repeat _____ times.



[] Groin Stretch

Lie on your back, knees bent with the soles of your feet together. Let gravity pull your knees to the sides until you feel a gentle pull in your groin.

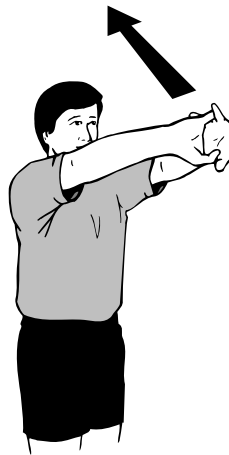
Repeat _____ times.



[] Overhead Arm Pull

Hold onto a towel so your hands are shoulder width apart or lock your fingers with your palms turned outward. Hold your arms out in front at shoulder height. Extend your arms and slowly raise your arms overhead until you feel a gentle pull in your chest or shoulders.

Repeat _____ times.



[] Behind Back Arm Raise

With your arms behind your back at waist level, hold a towel so that your hands are shoulder width apart. Extend your elbows and slowly raise your arms until you feel a gentle pull in your chest or shoulders.

Repeat _____ times.

