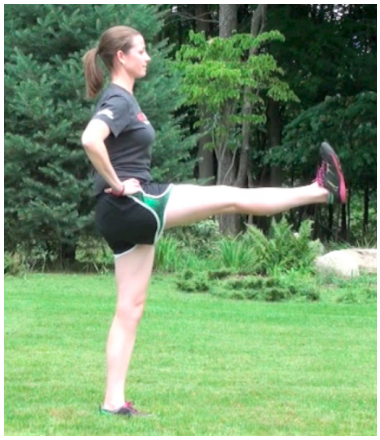
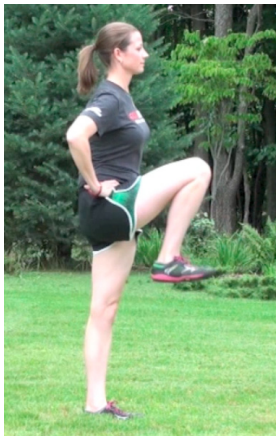
Dynamic Stretches

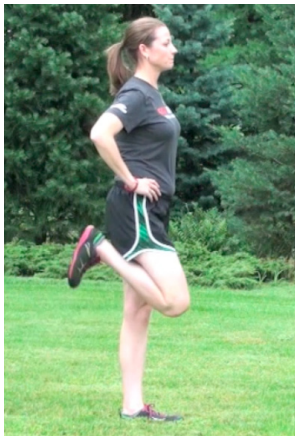
Perform before you exercise. 1-2 sets of 10-20 repetitions each leg.



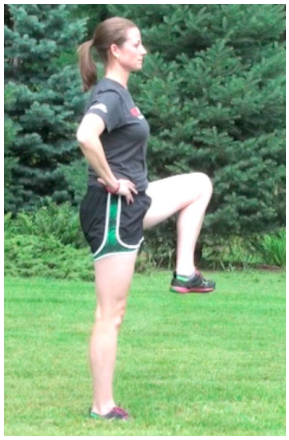
Straight Leg Walks



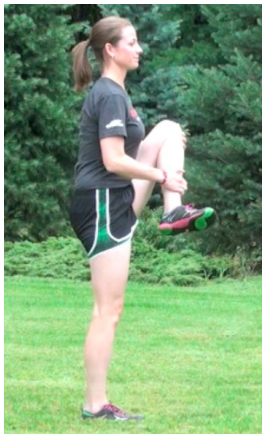
High Knees



Butt Kicks

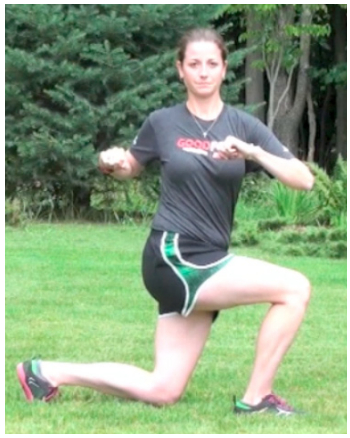


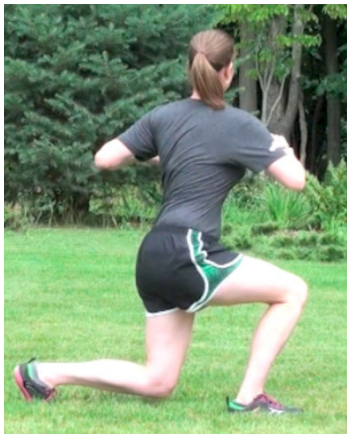
Open Gate





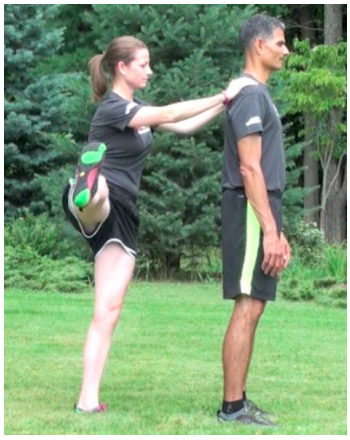
Piriformis Knee Pull



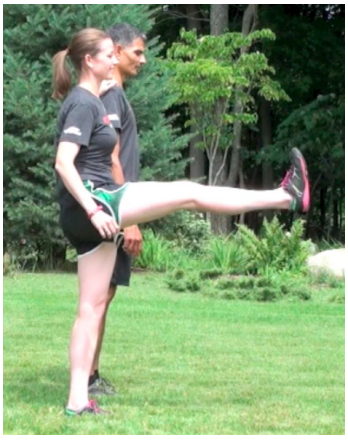


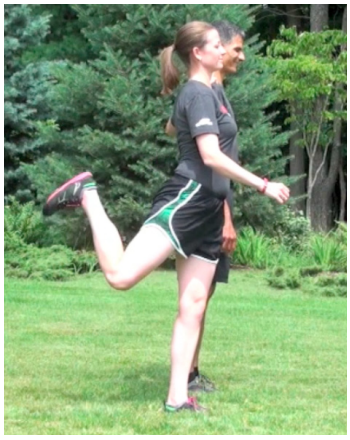
Lunge with Core Twist





Side to Side Hip Swings





Front to Back Hip Swings

Static Stretches

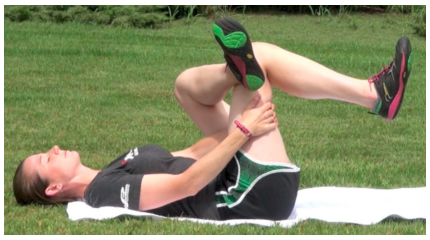
Perform after you exercise. 1-2 sets of 30-second holds each position.




Hamstrings



Quadriceps




Piriformis

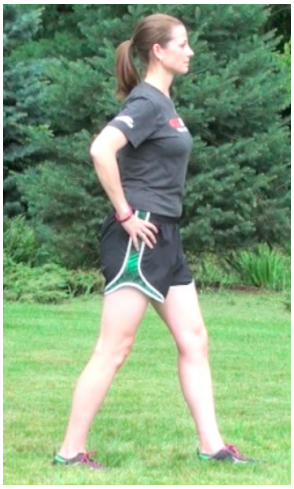


Gastrocnemius



Soleus

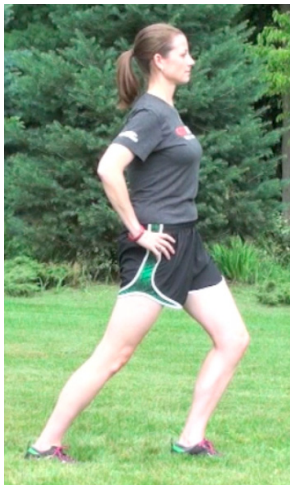
Hip Flexors



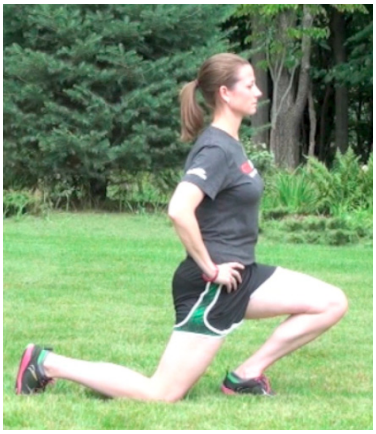
Standing - Pre-tilt



Standing - with Tilt



Standing - with Lunge



Kneeling Lunge