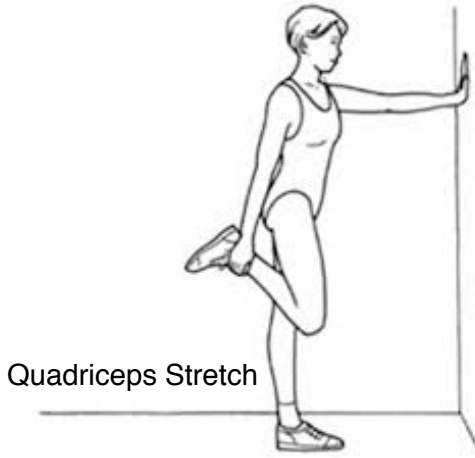


LOWER BODY STRETCHES



Hamstring Stretch



Quadriceps Stretch



Knee to Chest- Glutes & Hamstrings Stretch



Figure 4- Glute Stretch



Spinal Twist- Glute, ITBand , Low Back & Abductor Stretch



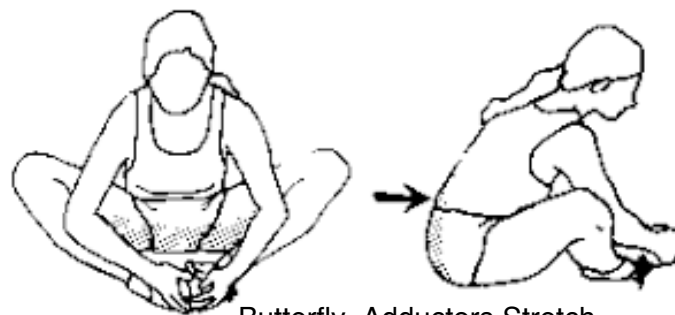
Pigeon stretch- stretch hip flexors & glutes



Hip Flexor Stretch



Forward Fold- Hamstring & Low Back Stretch



Butterfly- Adductors Stretch

