

## FLEXIBILITY ACTIVITY

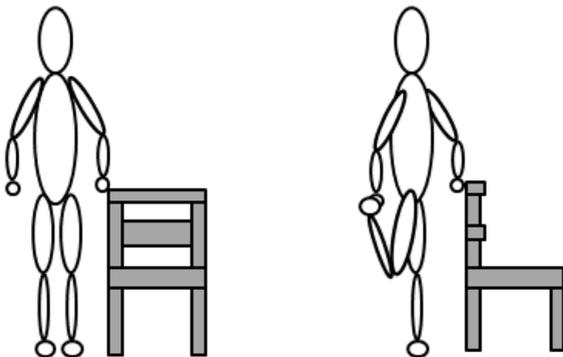
### Front Upper Leg

**Starting position:** Stand with left arm holding onto a chair or wall for support.

**Action:** Bend the right knee and grab your right foot. Pull the foot behind you toward your buttocks. Do not let the upper leg move forward.

**Note:** *You should be standing up straight throughout the entire stretch. DO NOT LEAN FORWARD.*

**Duration:** Hold for a slow count to 20, then switch legs. Complete 2-3 stretches on each leg.



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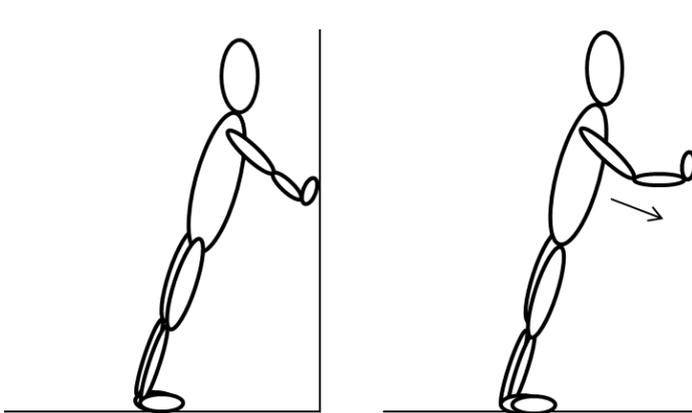
## FLEXIBILITY ACTIVITY

### Calf Stretch

**Starting position:** Stand 2-3 feet away from a wall. Put your hands against the wall at about shoulder level to support your weight

**Action:** Lean in toward the wall by bending your elbows until you feel a stretch in the back of your calves. Keep your body erect, your knees straight, and your hips forward. DO NOT bend at the waist. Make sure your heels stay on the ground.

**Duration:** Hold stretch for a slow count to 20, relax and repeat 2-3 times.



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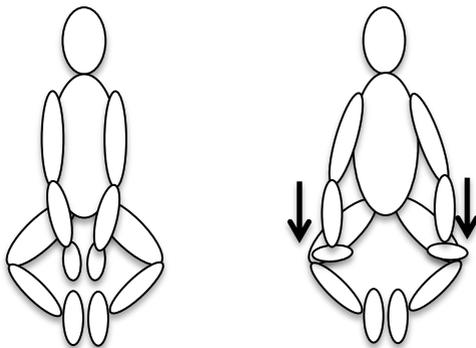
## FLEXIBILITY ACTIVITY

### Inner Thigh

**Starting Position:** Sit on the floor. Place the bottom of your feet together and bring them toward your body as close as you can.

**Action:** Place your hands on your knees and gently push downward toward the floor. SLOWLY bend forward, trying to touch your nose to your feet.

**Duration:** Hold this position for a slow count to 20, relax and repeat 2-3 times.



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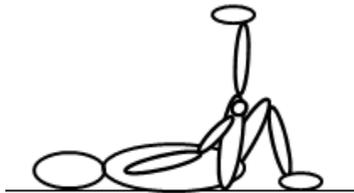
## FLEXIBILITY ACTIVITY

### Hamstring Stretch

**Starting Position:** Lie on back with knees bent and feet flat on the floor.

**Action:** Bring right leg straight up with hands holding behind right thigh. Gently pull your raised leg with your hands until a slight stretch is felt behind your upper leg. Hold, then relax, and repeat with left leg.

**Duration:** Hold position for a slow count to 20. Then switch legs. Complete 2-3 stretches on each leg.



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