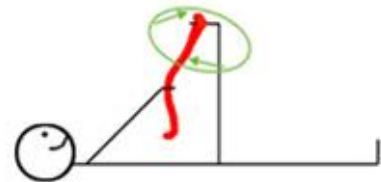
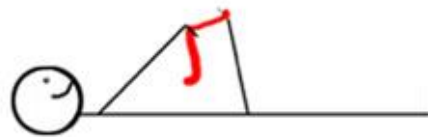


Hamstrings



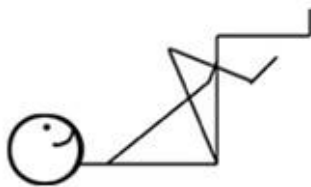
Hip Circles

(Both Directions)



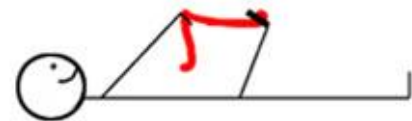
Inner Thigh

(adductor) Stretch



Piriformis

Figure 4 Stretch



IT Band Stretch