

Quads - Stand on leg and bring the other foot to touch your butt and hold it for 1 min.



Hamstring - Refer Image below



Look to bend at the hip to stretch the hamstrings (3 sets of muscles behind thigh). To further stretch the muscle, point toes towards you.

Glutes - Figure 4 Stretch - This stretch targets the gluteus medius, maximus, lower back, and hip flexors. To perform this stretch find a carpet or yoga mat. Begin by lying on your back with feet flat on the floor. Cross your right ankle over your left knee. With both hands, grab either the back of your left thigh or front of your left shin. You should feel a stretch along the glutes. To exaggerate the stretch, push your right knee away from your body. Do three repetitions per side. Start by holding each side for 20 seconds and work up to 30.



Gastrocnemius stretch



To stretch the big gastrocnemius muscle the back leg must be kept straight. Stand with the leg to be stretched at the back and hands on a wall at shoulder height. Bend the front knee and lean forwards, keeping the back knee straight and pushing the heel down into the floor.

When you can feel a stretch, hold for 20 seconds. If the stretch eases, lean further forwards until you can feel it again. But do not push too far in the early stages. Perform 3 repetitions and repeat this 3-5 times a day.

Play [Gastrocnemius stretch](#) video.

Soleus muscle stretch



To stretch the deeper soleus muscle the knee of the leg to be stretched needs to be bent. This is because the soleus muscle attaches below the knee and bending the knee allows the gastrocnemius muscle to relax leaving the soleus on stretch.

Lean against a wall with the leg to be stretched at the back. Bend the knee keeping the heel in contact with the ground until a stretch is felt. Hold for 15 to 20 seconds and repeat three times. If a stretch is not felt then another method is to place the ball of foot against the wall and bend the front knee until a stretch is felt.

Hip Flexor Stretch



Lower Back



Resolved Belly Pose



Start on your back with the knees bent. Stretch your arms straight out by your sides. Bring your knees into your chest, then lower them slowly to the right side. If you cannot lower your knees all the way to the floor, place a pillow on the floor, and allow your knees to rest there. Repeat on the opposite side. As you feel your lower back begin to loosen, you can increase the stretch by extending your lower legs so that your feet reach toward your outstretched hand after you've lowered your knees. Hold for 20–30 seconds, and repeat 3–4 times on each side