

## Lower Body Stretches



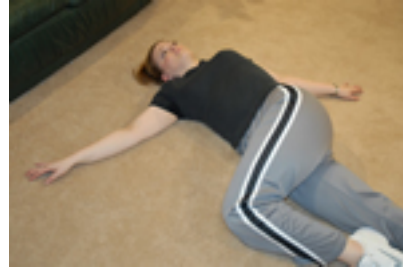
### **Kneeling Quad Stretch**

- Kneel on the floor, keeping your knees slightly less than shoulder width apart
- Reach back and grab your ankle, not your foot, and pull your ankle toward your hips
- If you need more of a stretch, lean back slightly from the hips
- Repeat on the other side



### **Figure 4 Stretch**

- Sit on the floor, one leg extended in front of you, the other bent with the bottom of the foot touching the opposite inner thigh
- Bending at the hips, not the waist, keeping your back straight, bend toward your extended leg.
- Repeat on the other side



### Hip Stretch

- Lie on your back on the floor, one leg extended
- Keeping your shoulders on the floor, cross your bent knee to the opposite side of your body, keeping your knee at hip height, slightly rolling your hips to that side
- Repeat on the other side



### Piriformis Stretch

- Sit on a chair, or other object that allows your knees to be at a 90 degree angle
- Cross one leg over the other, resting your ankle on the opposite knee
- Bend forward from the hips, keeping your back straight, as if you are tying your shoes
- Repeat on the other side



### Calf Stretch

- Place the toes of one foot against a solid object like a wall or chair, keeping your heel on the ground
- Keeping your knee straight, lean slightly forward
- Repeat on the other side



### **Soleus Stretch**

- Holding on to a solid object about waist high, place one foot forward and the other back in a half lunge position
- Keeping your heel on the ground, slightly bend your back leg until you feel tightness in the back calf
- Repeat on the other side

For all stretches, hold each stretch at least 30 but no more than 60 seconds. Aim for 1-3 sets for each stretch. If you feel you need more time on the stretch, stretch the opposite side and then go back to the first side. Stretch to the point in which you feel tightness, but no pain. Relax into the stretch, and save your stretches until after your workout for best results.

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### **Disclaimer:**

Exercise is not without its risks and this or any other exercise program may result in injury. To reduce the risk of injury in your case, consult your doctor before beginning this exercise program. The advice presented is in no way intended as a substitute for medical consultation, KUTV and the Utah Department of Health disclaim any liability from and in connection with this program. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have physical discomfort, you should stop immediately and consult a physician.

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