



Notes:

Gastrocs - Wall

Standing in a lunge position, supporting upper body against wall.
 Keeping back foot heel on floor and knee straight, bend front knee.
 Shift body weight forward through pelvis to feel a stretch in the upper calf area.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Soleus - Wall

Standing in a lunge position, supporting upper body against wall.
 Keeping back foot heel on floor and knee slightly bent, bend front knee.
 Shift body weight forward through pelvis to feel a stretch in the lower calf area.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Tibialis Anterior

Standing, place top of foot on floor behind you.
 Bend knees slightly.
 Pull as though you are dragging top of foot along floor to feel a stretch in the shin.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Quads Standing

Standing tall, raise one heel toward buttocks (grasp above ankle joint).
 Pelvic tilt and squeeze buttocks to extend hip back slightly to feel a stretch in the front of the thigh.
 Can support body with hands on a chair, to avoid bending forward.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Hamstrings Forward Flexion

Standing with feet shoulder width apart. Maintaining an abdominal hollow, bend straight over at the hips to reach towards the toes to feel a stretch in back of the legs. Can use chair to support body weight.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

TFL - Standing

Stand approximately 2 feet from a wall with one hip facing the wall (or chair for support). Cross foot furthest from wall over in front of opposite foot. Bend the knee of the leg that is in front, and keep the back leg straight. Lean hip into wall, and lean upper body away to feel a stretch in the side of the hip closest to the wall.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Hip Flexors / Low Lunge

Down on one knee in a lunge position so that knees remain shoulder width apart, back toe is turned inward and shin is on the floor. Lunge position should be long enough so that the front knee should not bend past 90°. Keep upper body square and upright and gently tuck pelvis under to feel a stretch in the front of the hip and thigh.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Knee Across Chest - Supine

Lying on back, hug one knee up and bring across body toward opposite elbow to feel a stretch in the buttocks.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31



Notes:

Standing Adductor

Standing, toes pointed forward, step out sideways into a side lunge position.

Turn lead foot 90° to point out sideways.

Bend knee and lower body to feel a stretch in the groin.

Sets:	
Reps:	2x
Weight:	
Hold:	30 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31