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Mildewing Porridge

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Hip Flexor Stretching Program STRETCHING EXERCISES

Main muscle
You should

Muscles worked: Gluteus
feel this stretch in

maximus, gluteus medius
and gluteus minimus

Equipment

needed: None

Instructions

1. Lie on the floor with your legs extended.
2. Grasp your right ankle with your right hand and pull it towards your chest as far as you can.
3. Hold for 30 seconds.
4. Repeat on the other side, then return to the starting position.

5. Lie on your back with your knees bent and feet flat on the floor.
6. Grasp your right knee with your right hand and pull it towards your chest.
7. Hold for 30 seconds.
8. Repeat on the other side.



Repeat the entire program 2-3 times.

Starting Position

Main muscle
You should

Muscles worked: Hamstrings
feel this stretch at

back of your thigh and

behind your knee

Equipment

needed: None

Instructions

1. Lie on your back with both knees bent and feet flat on the floor.
2. Grasp your right knee with your right hand and pull it towards your chest.
3. Hold for 30 seconds.
4. Repeat on the other side, then return to the starting position.

5. Lie on your back with your knees bent and feet flat on the floor.
6. Grasp your right ankle with your right hand and pull it towards your chest.
7. Hold for 30 seconds.
8. Repeat on the other side.



at your knee joint.

For any treatment
medical advice
Orthopaedic

procedures, products,
Anyone seeking specific
surgeons

physicians referenced herein. This
page is for informational purposes only and does not constitute a recommendation or endorsement of any product or service.

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Conditioning Program EXERCISES

Hamstring Extension (Prone)

Repetitions: 8
Equipment: None
By: [Name]
Level: Beginner
Time: 3-5 minutes

Preparation: Lie on your back on a flat surface with your knees bent at 90 degrees. Your feet should be flat on the floor. Your legs should be straight up as shown in the illustration. When you are ready to begin the exercise, lift your head, neck, and shoulders off the floor.

Instructions: Lift your head, neck, and shoulders off the floor.

Hamstring Flexion (Prone)

Repetitions: 8
Equipment: None
By: [Name]
Level: Beginner
Time: 3-5 minutes

Preparation: Lie on your back on a table or bench with your feet flat on the floor. Your legs should be straight up as shown in the illustration. When you are ready to begin the exercise, lift your head, neck, and shoulders off the floor.

Instructions: Lift your head, neck, and shoulders off the floor.

Preparation: Lie on your back on a table or bench with your feet flat on the floor. Your legs should be straight up as shown in the illustration. When you are ready to begin the exercise, lift your head, neck, and shoulders off the floor.

Instructions: Lift your head, neck, and shoulders off the floor.

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