

LEGS - RUNNER'S STRETCH

Image 1 - Start



Image 2 - End



Starting Position: Stand on an exercise matt and take a large step forward with your right leg. Movement: Lean forward as you bend your right knee to a 90degree angle. Place your hands on your right thigh and keep both heels flat on the floor. Hold this position for thirty seconds. Repeat as required on other side.

Set Name Reps / Time Weight / Level
Set 1 30 at 0

LEGS - SPLITS STRETCH

Image 1 - Start



Image 2 - End



Starting Position: Get onto your knees on an exercise matt. Movement: Straighten your left leg out in front of you and bend your right knee back. Slowly ease yourself down as far as you comfortably can. Hold this position for thirty seconds. Repeat as required on other side.

Set Name Reps / Time Weight / Level
Set 1 30 at 0

LEGS - STANDING QUAD STRETCH

Image 1 - Start

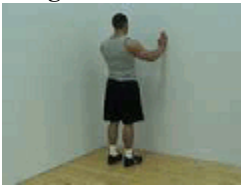


Image 2 - End



Starting Position: Stand with your legs together and your hands on a wall for support. Movement: Reach behind you and grasp your right ankle with your left hand. Pull your right heel up as far as you can. Hold this position for thirty seconds. Repeat as required on other side.

Set Name Reps / Time Weight / Level
Set 1 30 at 0

LEGS - SIMPLE HAMSTRING STRETCH

Image 1 - Start



Image 2 - End



Starting Position: Sit on an exercise matt with your legs straight out in front of you and your palms placed on the matt for support. Movement: Keeping your back straight bend at your waist and lean forward as far as you can. Hold this position for thirty seconds.

Set Name Reps / Time Weight / Level
Set 1 30 at 0

LEGS - STANDING TOE TOUCH

Image 1 - Start



Image 2 - End



Starting Position: Stand with your feet together and a slight bend in your knees. Movement: Bend at your waist reaching down as to touch your toes. Allow your arms to hang down in front of you. Hold this position for thirty seconds.

Set Name

Set 1

Reps / Time

30

at

Weight / Level

0