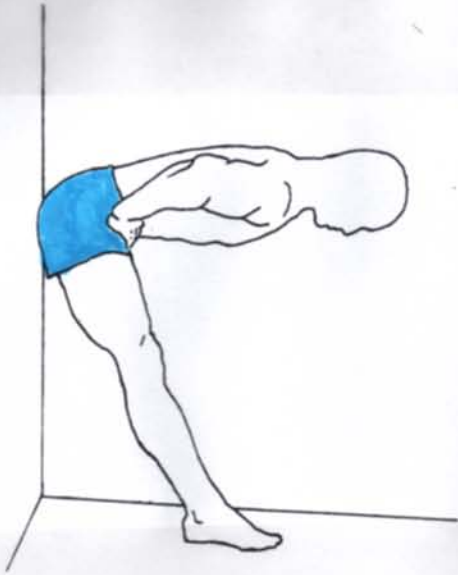


LOWER LEGS

16



- With your back against a wall and your hands on your hips, slide your feet away from the wall, turn your toes inward, and invert the ankles.
- Exhale and flex forward at the hips; return to the starting position.



If you have a "bad back," at the end of the stretch, round your upper torso rather than lifting up with an arched back.

20



- Kneeling, shift one foot slightly forward and place it flat on the floor.
- Exhale and slowly lean your knee beyond the toes.

23

- Lean against a wall with one leg bent forward and the opposite leg straight.
- Keep your rear heel flat on the floor with the foot pointing straight ahead.
- Exhale, bend your arms and knees, sink your hips, and slowly shift your weight downward onto your rear foot.

NOTE

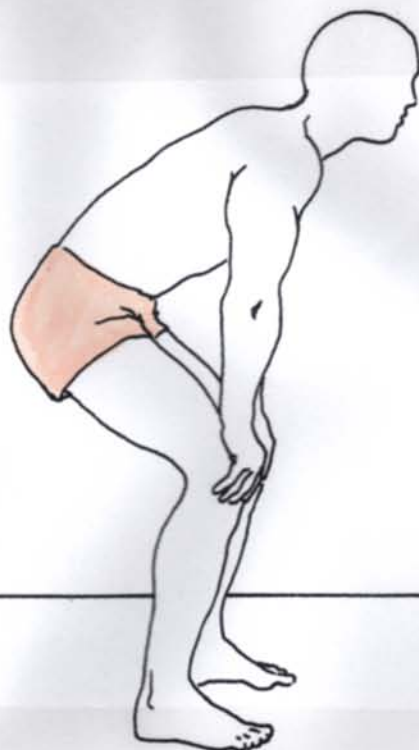
Keep your rear foot pointed straight ahead with your heel flat on the floor.



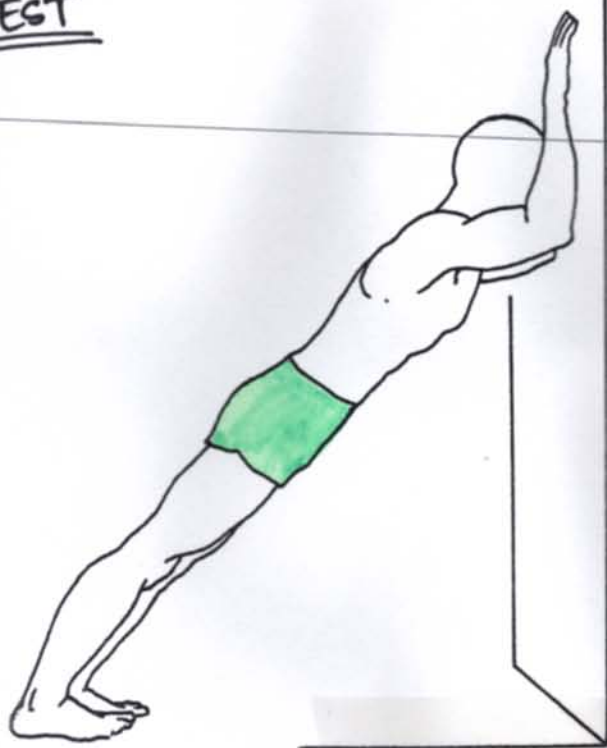
- Stand with your hands on your hips or knees.
- Keep your heels on the floor and parallel to one another.
- Exhale, flex your knees, sink your hips, and slowly shift your weight downward while keeping both feet flat on the floor.

NOTE

This is an important stretch for those involved in racquet sports.

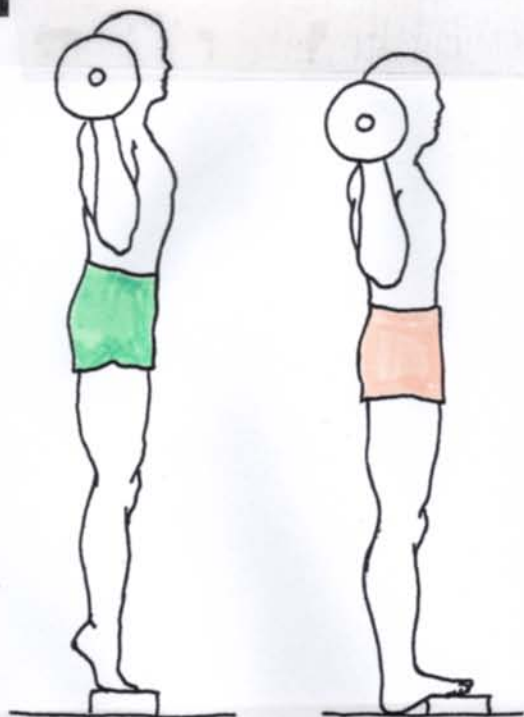


31

BEST

- Lean against a wall, keeping your head, neck, spine, pelvis, legs, and ankles in a straight line.
- Keep your feet flat on the floor and pointing straight ahead.
- Exhale, bend your arms, lean toward the wall, and shift your weight forward.

39

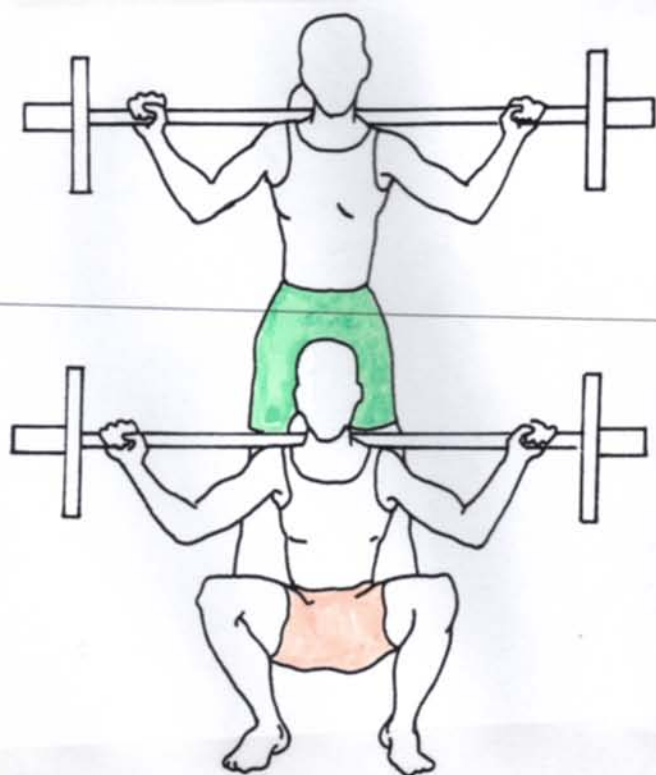


- Stand with your toes and the balls of your feet on a thick board. Rest a lightweight barbell on your shoulders.
- Exhale while rising up on your toes as high as possible.
- Inhale and lower your heels until they almost touch the floor; return to the starting position.

NOTE

Use a light weight that you can handle easily.

40



- Stand with your feet about shoulder-width apart and rest a lightweight barbell on your shoulders.
- Inhale and lower your buttocks toward the floor while keeping your heels flat on the floor.
- Hold the stretch at the bottom before exhaling and returning to the starting position.

NOTE

Always use a light weight that you can handle easily. A lifting belt can also provide extra support.



This exercise is essential for weight lifters. Athletes simply seeking to increase strength can protect their knees by lowering the buttocks. This exercise may be too advanced or dangerous for even some elite athletes.

- Sit on the floor with knees flexed, grasp your toes and the ball of one foot, and extend this leg.
- Exhale; keeping your leg straight, pull your foot toward your trunk and bend at the hip so that your upper torso leans toward the extended thigh.

NOTE

Contracting and then relaxing the quadriceps of the extended leg tends to alleviate some tension and discomfort behind the knee. This action will also allow you to lean your upper torso closer to your thigh.

