



Healthy Back & Leg Solutions

"If you have any medical problems, please consult a health care professional before attempting any of these stretches"

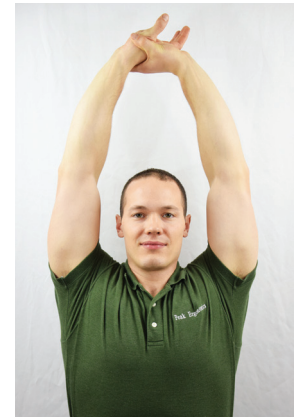
Back Stretches video #5



Bend over while resting hands on knees. Hold for 5



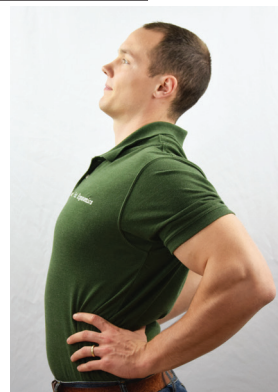
Grab your opposite wrist and pull your arms in front of you until you feel a stretch between your shoulder blades. Hold for 5 seconds.



Reach to the sky for 5 seconds.



Lean to one side for 5 seconds, lean to the other side for 5 seconds.



Place hands on hips and gently lean back for 5 seconds.

Perform entire set 3 repetitions.

Quad Stretch video #31



Lean against something for balance. Grab your foot (or pant cuff) with opposite arm. Pull foot towards body. Try to stand straight. You should feel a stretch from knee to hip. Hold for 5 seconds. Do both sides. Perform 3 repetitions.

One Leg Standing video #22



Stand next to something so you do not fall if you lose your balance. Stand on one leg with the knee slightly bent. Hold for 15 seconds. Perform on opposite side. Perform 3 repetitions.

Hip Rotator Stretch video #35



Cross legs like a gentleman does. Pull knee to your chest while twisting towards that side. Hold 5 seconds. Push knee down while leaning forward. Hold 5 sec. Perform 3 reps.

Hamstring Stretch video #15



Place heel on ground in front of you with knee straight. Keep your back straight and bend forward at your hips. Hold for 5 seconds. Perform on the opposite side for 3 repetitions.

Calf Stretch video #6



Place feet shoulder width apart with one leg lunged forward. Make sure both feet are pointing directly forward (at 12 o'clock). Keep back heel flat on the floor and back knee straight. Gently lean forward until you feel a stretch in your calf on the back leg. Shift hips to each side to increase stretch. Hold for 5 seconds.

Keep this exact position; however slowly bend your knee at the back leg. You should feel a stretch deeper inside the calf on the back leg. Shift hips to each side to increase stretch. Hold for 5 seconds.



Perform set 3 repetitions, then alternate sides.

Wall Squat video #51



Lean against a sturdy wall and perform a squat. It is very important that your ankles be directly under your knees. Hold for 1 minute. Perform 3 repetitions.

Advanced Stretch video #15



Place foot on chair. Rotate hip out. Hold 5 seconds. Rotate hip in. Hold 5 seconds. Perform on opposite side. Perform 3 repetitions.

