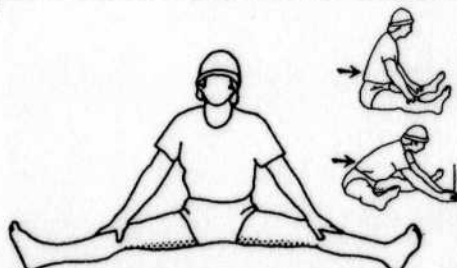
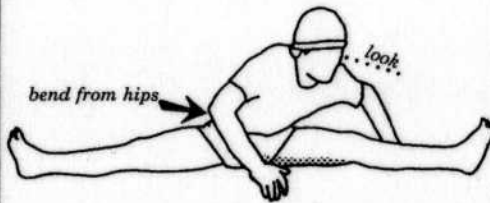


7



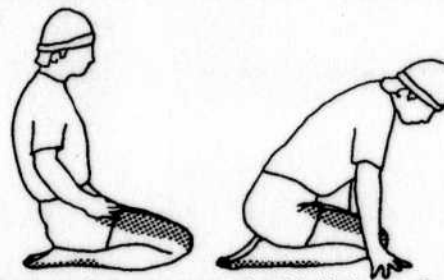
Sit with your feet a comfortable distance apart. To stretch the inside of your upper legs and hips, slowly lean forward from the hips. Be sure to keep your quadriceps relaxed and feet upright. Hold for 30 seconds. Keep your hands out in front of you for balance and stability or hold onto something in front of you for greater control. Concentrate on keeping the lower back flat as you do this stretch. Do not strain. Breathe rhythmically.

8

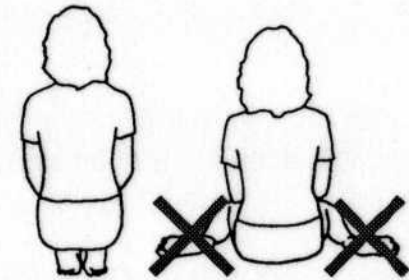


To stretch your left hamstrings and the right side of your back, slowly bend forward from the hips toward the foot of your left leg. Hold for 15 seconds. Repeat to other side. Breathe.

9

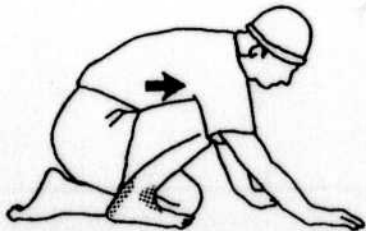


Sit on your feet, your toes pointed behind you. **Do not let your feet flare to the outside.** If your ankles are tight put your hands on the outside of your legs on the floor and use your hands for support to help you maintain an easy stretch. Do not strain. Hold for 15-20 seconds. **Be careful if you have had any knee problems. If pain is present, discontinue this stretch.**



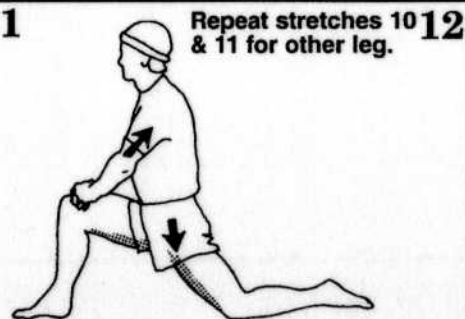
Do not let your feet flare out to the sides when doing this stretch. A flared-out position of the lower legs and feet may cause overstretching of the inside (medial collateral) ligaments of the knee.

10



As in the drawing above, place your big toe even with your opposite knee. Start with your foot flat and use your shoulder to push forward on your knee until your heel comes off the floor about 1/4 - 1/2". Then think of making your heel go flat as you lean forward with your shoulder against your knee. This should stretch your Achilles tendon area. Hold only a slight, easy stretch for 10 seconds.

11



As in the drawing above, move your right leg forward until the knee is directly over the ankle. Your left knee should remain resting on the ground. Lower the front of your hip downward until an easy stretch is felt in front of the left hip and possibly in your right hamstrings and groin. Do this without changing the position of the knee on the ground or the forward foot. Hold the stretch for 15-20 seconds. Do not hold your breath.

13



To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, your head resting on your hands. Bend one leg and place your foot on the ground in front of you leaving the other leg straight, behind you. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the ground and your toes pointed straight ahead. Hold an easy stretch for 15 seconds. Do not bounce.

To stretch the soleus and Achilles tendon area, slightly bend the back knee, keeping the foot flat. This gives you a much lower stretch which is also good for maintaining or regaining ankle flexibility. Hold 10 seconds. This area needs only a slight feeling of stretch. Repeat both stretches for other leg.

14

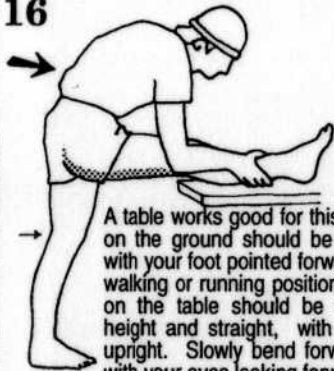


15



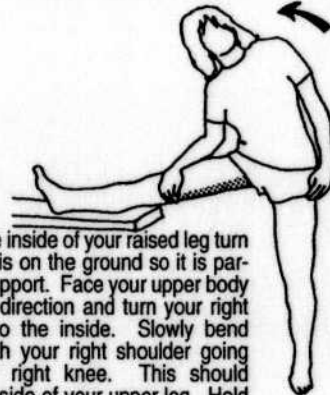
Opposite hand to opposite foot/ quads & knee stretch: Gently pull your left foot (from inside of foot) toward buttocks with your right hand until you feel a mild stretch (fig.1). If necessary, place your other hand on a support for balance. Hold for 15-20 seconds. Stretch other leg. Breathe. *If preferred, this stretch can also be done using same hand to same foot, with hand holding on top of foot (fig.2).*

16



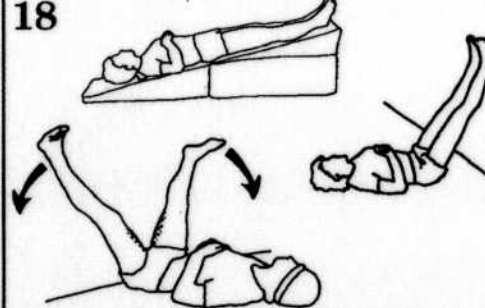
A table works good for this stretch. The leg on the ground should be slightly bent (1") with your foot pointed forward as in a proper walking or running position. The leg resting on the table should be at a comfortable height and straight, with foot relaxed and upright. Slowly bend forward at the waist, with your eyes looking forward, until you feel a good stretch in the back of the raised leg. Hold and relax. Find an easy stretch, relax, and then stretch further when it becomes easier to increase the stretch. Hold stretch for 20 seconds for each leg. Breathe.

17



To stretch the inside of your raised leg turn the foot that is on the ground so it is parallel to the support. Face your upper body in the same direction and turn your right hip slightly to the inside. Slowly bend sideways with your right shoulder going toward your right knee. This should stretch the inside of your upper leg. Hold an easy stretch for 15 seconds. Be sure to keep the knee of the down leg slightly bent. Repeat for other leg. Hold only tensions that feel good to you.

18



Elevate your feet. It is great for circulation and revitalization of tired legs and mind. Your lower back should be flat and not arched or off the floor. Do not elevate your feet for too long in the beginning; gradually increase the time (1-5 minutes, or longer).

For an easy stretch in your groin, slowly separate your legs with your heels resting on the wall. Be relaxed as you hold the stretch for 30-40 seconds.

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Bob and Jean Anderson, creators of this stretching chart are also the authors of the book STRETCHING. Now a revised ©2010 edition; available spiral bound.

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How to Stretch:

Stretching should be done slowly without bouncing. Stretch to where you feel a slight, easy stretch. Hold this feeling for 5-15 seconds. As you hold this stretch, the feeling of tension should diminish. If it doesn't, just ease off slightly into a more comfortable stretch. The easy stretch reduces tension and readies the tissues for the developmental stretch.

After holding the easy stretch move a fraction of an inch farther into the stretch until you feel mild tension again. This is the developmental stretch which should be held for 5-15 seconds. This feeling of stretch tension should also slightly diminish or stay the same. If the tension increases or

becomes painful, you are overstretching. Ease off a bit to a comfortable stretch. The developmental stretch reduces tension and will safely increase flexibility.

Hold only stretch tensions that feel good to you. The key to stretching is to be relaxed while you concentrate on the area being stretched. Your breathing should be slow, deep and rhythmical. Don't worry about how far you can stretch. Stretch relaxed and limberness will become just one of the many by-products of regular stretching.

Do a light warm-up of walking for several minutes prior to stretching.

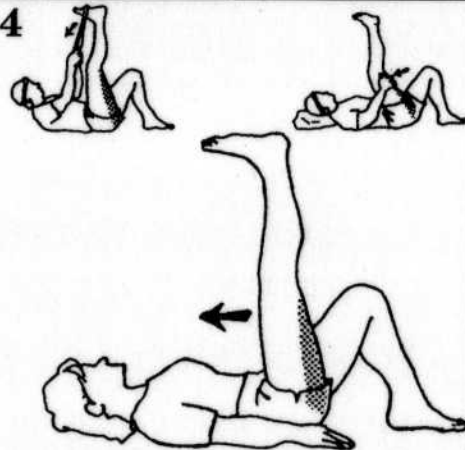
The dotted areas are those areas of the body where you will most likely feel the stretch.

3



Lie on your back. Bend your right knee and put the outside of your right lower leg just above your left knee. With your hands just below your left knee, gently pull your leg toward your chest until a stretch is felt in your right buttocks area (piriformis). Hold for 15-20 seconds. Lift the back of your head off the ground and look straight ahead as you stretch. Breathe slowly and deeply. Repeat for other side.

4



Lie on your back and lift your leg up toward a 90° angle at the thigh joint. Keep low back flat against the ground. Hold for 15-20 seconds. Repeat for other leg. If necessary, hold onto the back of your leg to create the stretch, as shown above. Or put a towel around the bottom of your foot and pull gently. You can also place a pillow under your head for comfort. Do not overstretch.

1



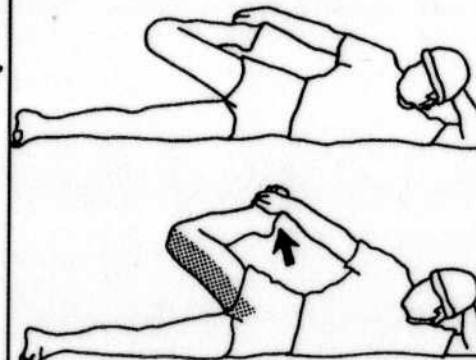
Stand in a bent-knee position. This position contracts the quadriceps and relaxes the hamstrings. Hold for 30 seconds. Because these muscles have opposing actions, tightening the quadriceps will relax the hamstrings. As you hold this bent-knee position, feel the difference between the front of the thigh and the back of the thigh. The quadriceps should feel hard and tight while the hamstrings should feel soft and relaxed.

2



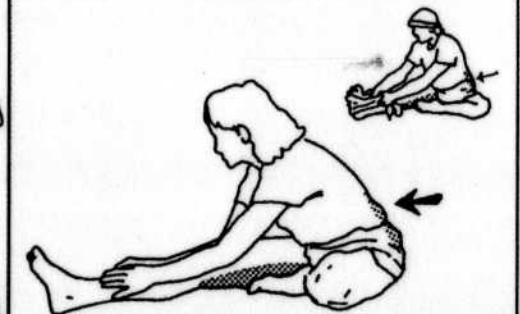
To stretch the upper hamstrings and hip, hold on to the outside of your ankle with one hand, with your other hand and forearm around your bent knee. Gently pull the leg as one unit toward your chest until you feel an easy stretch in the back of the upper leg. You may want to do this stretch while you rest your back against something for support. Hold for 20 seconds. Make sure the leg is pulled as one unit so that stress is not felt in the knee. Do not hold your breath. Relax your shoulders and face. Stretch other leg.

5



Lie on your left side and rest the side of your head in the palm of your left hand. Hold the top of your right foot with your right hand between the toes and ankle joint. Now move the front of your right hip forward by contracting the right butt (gluteus) muscles as you push your right foot into your right hand. This should stretch the front of your thigh. Hold an easy stretch for 10 seconds. Keep your body in a straight line. Repeat for other leg.

6



Sit up and straighten your right leg. The sole of your left foot will be resting next to the inside of your straightened leg. Lean slightly forward from the hips and stretch the hamstrings of your right leg. Find an easy stretch and relax. If you can't touch your toes comfortably use a towel to help you stretch. Hold for 20 seconds. Do not lock your knee. Your right quadriceps should be soft and relaxed during the stretch. Keep your right foot upright with the ankle and toes relaxed. Exhale as you go forward. Breathe easily. Repeat for left leg.