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Adductor Stretch:

1. While standing, spread your legs apart until you feel a gentle pull from your inner thigh to your knee.
2. Try to keep your toes pointed straight forward in order to isolate the adductor group.
3. Bend at the waist and rest your hands on the ground to provide more support.
4. Hold for 20 seconds.

Notes: Play with rocking slightly forward or back in order to stretch different aspects of



Back / Hamstring / Glute / Adductor Stretch:

1. While standing, spread your legs apart until you feel a gentle pull from your inner thigh to your knee.
2. Bend at the waist, lean towards an ankle. Grab as far down your leg as possible and hold.
3. Feel this stretch a slightly different aspect of your adductors as well as your low back, hamstrings and gluteal group.



Back & Inner Thigh Stretch: (Obliques, Quadratus Lumborum, Adductor Magnus)

1. While standing, spread your legs apart until you feel a gentle pull from your inner thigh to your knee.
2. Bend at the waist, lean towards an ankle. Grab as far down your leg as possible and hold.
3. Feel this stretch a slightly different aspect of your adductors as well as your low back, hamstrings and gluteal group.
4. Hold for 20 seconds and repeat to the other side.



Squat Stretch: (soleus, glutes, perineum, low back)

1. From a standing position, squat down, keeping your heels on the floor.
2. Spread your feet apart until you feel a stretch in your hips and the bottom of your pelvis.
3. Rest your hands on the floor for support and breathe deeply.
4. Hold for 20 seconds.



Quad Stretch: (distal quadriceps attachments)

1. From a squatting position. Rock forward on the balls of your feet.
2. Lean back and rest your hands behind you .
3. Position your pelvis on or slightly in front of your heels.
4. Hold for 20 seconds.



Arch Stretch: (Plantar Fascia, Flexor Digitorum)

1. Take your shoes off.
2. Sit back on your heels with your toes still resting on the floor .
3. Hold for 20 seconds.



Cobra Stretch: (Psoas, Rectus Abdominus)

1. Start by laying face down on the ground with your hands under your shoulders.
2. Press up into an arch, keep your hips in contact with the floor.
3. Keep your mouth closed and breathe through your nose.
4. Hold for 20 seconds.



Lunge Stretch: (Psoas, Tensor Fascia Latae, Gluteus Minimus)

1. Kneel on a soft surface with one knee and extend the other leg in front of you. (hold on to a wall or something for support if you can) Make sure your front foot is directly under your front knee.
2. Lunge forward until you feel a stretch in the front of your hip. Try to rotate your pelvis posteriorly to fine tune the stretch. Hold for 20 seconds. Repeat to the other



Low back Stretch: (Quadratus Lumborum)

1. Sit with your knees bent to one side of your hips.
2. Position on heel bone under the opposite side 'sits bone' (left heel under right sits bone). Tilting your pelvis to the side.
3. Lean your arms and upper body towards the high side of your hips.
4. Lean slightly forward to feel it on your low back. Hold for 20 seconds.
5. Repeat to the other side.



Hamstring Stretch: (Bicep Femoris)

1. Sit with your leg extended straight in front of you.
2. Bend forward at the hips, not the chest. Look straight forward to minimize cheating.
3. Hold for 20 seconds. Repeat to the other side.

Notes: If you do not feel this stretch, try turning your toe in as displayed on the picture.



Butterfly Stretch: (Sartorius, Pectineus, Adductor Group)

1. Sit with the soles of your feet touching each other.
2. Grab your ankles and pull them as close as you can in towards your pelvis.
3. Press down with your elbows into your thighs.
4. Hold for 20 seconds.



Gluteal Stretch: (Gluteal group, Deep 6 lateral rotators of hip)

1. Sit against a wall or a running partners back with your legs straight in front of you.
2. Grab one leg and pull it across your chest, hugging it towards the opposite shoulder.
3. Bend your other leg while trying to keep both sits bones on the floor.
4. Hold for 20 seconds. Repeat to the other side.



Ilio-Tibal Band Stretch: (Tensor fascia latae)

1. While standing, step one leg behind the other, crossing your legs.
2. Standing on the front leg, thrust your hips laterally to the side of the back leg. You should feel a stretch in the side of your hip (on the back leg side)
3. Bend at the waist and rest your hands on the ground to provide more support.
4. Hold for 20 seconds.

Notes: If you do not feel this stretch, try an ITB roller from MassageSpecialists.com it's one of the best ways to specifically stretch all of the IT Band.



Lateral Ankle Stretch: (Peronal Group)

1. Start from a standing position with your shoes on.
2. Supporting your weight on one leg.
3. Roll the other ankle laterally to the side until you feel a stretch.
4. Hold for 20 seconds. Repeat to the other side.



Dual Calf Stretch: (Gastrocnemius, Soleus)

1. (Gastrocnemius) Start standing up and press against a wall or a running partner.
2. Step one leg in front of the other and lock the back knee. Keep your heel on the floor and your toes lined up with your knee. Lean forward and hold for 20 seconds.
3. (Soleus) Now step your back leg slightly forward. Bend the back knee as you put weight on the front knee. Lean forward and press in to the wall.
4. Keep your heel on the floor and your toes lined up with your knee. Lean forward and hold for 20 seconds. Repeat both stretches on the other side