

**Standard 1: Standing (leg press) Abductor Exercise, in the stance of the Abductor**

Stand upright, feet shoulder width apart, feet turned outwards, arms at sides.



**Standard 2: Squat Abductor Exercise, in the stance of the Abductor**

Stand upright in the squatting position, feet shoulder width apart, feet turned outwards, arms at sides, and legs in the air.



**Standard 3: Squat Abductor Exercise, in the stance of the Abductor**

Stand upright, feet shoulder width apart, feet turned outwards, arms at sides, and legs in the air.



**Standard 1: Squatting (against Anterior Strain) is for the Greater of the Adductors**

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**Standard 2: Squatting (against Anterior Strain) is for the Greater of the Adductors**

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**Standard 3: Squatting (against Anterior Strain) is for the Greater of the Adductors**

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**Stretch 11: Sit and Leg Stretch (Hamstring Stretch), is for the muscles of the Backside.**

It will help you gain more flexibility for your legs and feet and help you prevent injury and help you fight your injury and pain.



**Stretch 12: Sit and Leg Stretch (Hamstring Stretch), is for the muscles of the Backside.**

It will help you gain more flexibility for your legs and feet and help you prevent injury and help you fight your injury and pain.



**Stretch 13: Sit and Leg Stretch (Hamstring Stretch), is for the muscles of the Backside.**

It will help you gain more flexibility for your legs and feet and help you prevent injury and help you fight your injury and pain.



**Standing: Standing Arm Clock Stretch, to Stretch  
Muscles of the Chest**

Stand with your feet shoulder-width apart. Hold the ends of a resistance band in each hand, standing on one end. Keeping your feet stationary, pull the band across your chest.



**Standing: Lying Straight Knee Stretching  
Stretch, to Stretch the Muscles of the Hamstrings**

Lie on your back with your knees bent and your feet flat on the floor.



**Standing: Lying Bent-Knee Hamstring Stretch,  
to Stretch the Muscles of the Hamstrings**

Lie on your back with your knees bent and your feet flat on the floor.



**Stretch 10 – Standing Head-to-Knee Forward Bend**, is for the muscles of the hamstring.

Stretch your hamstrings and calf. Also stretch your lower back.



**Stretch 11 – Lying Cross-Legged Head-to-Knee**, is for the muscles of the hip.

Stretch your entire torso along with the hamstring on the side of your right hip and the calf and hamstring on the left side.



**Stretch 12 – Sitting Pigeon with the Heels**, is for the muscles of the hip.

It will stretch your entire hip, your entire leg and your entire torso. It will stretch your quadriceps, hamstrings and calves.



**Step 108 - Kneeling Squat Stretch, into the  
middle of the Step**

Place your feet on the step. Transfer the weight to the  
front foot and lift your hips back.



**Step 109 - Lying Leg/Back Step Stretch, into the  
middle of the Step**

Place your feet on the step. Push your hips back  
toward the ground.



**Step 110 - Lying Back to Back Stretch, at the  
middle of the Step/Block**

Place your feet on the step. Push your hips  
back toward the ground.



**Stretch 18 - Lying Leg Cross-over Stretch, is for the muscles of the lower back.**

With knees bent and feet flat on the floor, pull the right ankle across the left knee and stretch for 30 seconds.



**Stretch 19 - Sitting Knee up Shoulder Stretch, is for the muscles of the lower back.**

With one leg raised and bent at a 90-degree angle, pull the knee towards the shoulder and stretch for 30 seconds.



**Stretch 20 - Standing Heel and Ankle Stretch, is for the muscles of the lower back.**

Stand on one heel with the other foot flat on the floor. Pull the heel towards the ankle and stretch for 30 seconds.



**Stretch 101 – Single-Legged Squat Assisted Stretch, for the Ankle of the Lower-Limb**

Stretch 101 is a single-legged squat assisted stretch for the ankle of the lower-limb. You should do this stretch for 30 seconds.



**Stretch 102 – Seated Toe and Heel Stretch, for the Ankle of the Lower-Limb**

Stretch 102 is a seated toe and heel stretch for the ankle of the lower-limb. You should do this stretch for 30 seconds.



**Stretch 103 – Lying Heel Stretch, for the Ankle of the Lower-Limb**

Stretch 103 is a lying heel stretch for the ankle of the lower-limb.



**Stretch 101 - Lying Side Glute Stretch, into the  
Muscle of the Backstrap**

Start by pulling the knee up to the hip and then pull the  
heel up towards you for the stretch.



**Stretch 102 - Frontal Side Glute, into the  
Muscle of the Side**

Start by pulling the knee up to the hip and then pull the  
heel up towards you for the stretch.



**Stretch 103 - Frontal Side Glute, into  
the Muscle of the Side**

Start by pulling the knee up to the hip and then pull the  
heel up towards you for the stretch.



**Stretch 101 - Reverse Shoulder Stretch, anterior muscles of the Shoulder**

Stand upright with your feet together and your arms at your sides.



**Stretch 102 - Posterior Shoulder Stretch, outer Rotator cuff of the Shoulder**

Stand upright with your feet together and your arms extended straight out in front of you.



**Stretch 103 - Reverse Lunge Stretch, anterior muscles of the Shoulder**

Stand upright with your feet together and your arms extended straight out in front of you.



**Stretch (1) – Arm and Shoulder Stretch, with the assistance of the Straps**

Hold the strap with both hands, pulling upwards at an angle. The strap will support the weight of the arm and shoulder, allowing you to stretch to the limit of the strap and tissue.



**Stretch (2) – Arm and Shoulder Stretch, with the assistance of the Straps**

Hold the strap with both hands, pulling downwards at an angle. The strap will support the weight of the arm and shoulder, allowing you to stretch to the limit of the strap and tissue.



**Stretch (3) – Spinal and Hip Stretch, with the assistance of the Straps**

It will bring you closer to the floor as you bring a leg forward and up towards the ceiling. It will also stretch the lower back and hips.



**Stretch 101 – Reaching (Lateral) Stretch/Stretch in the Direction of the Head**

Stretch your shoulder and neck. Sit down with the left leg extended and the right leg bent with your feet flat on the ground.



**Stretch 102 – Reaching (Frontal) Stretch, in the Direction of the Shoulder**

Stretch your shoulder and neck. Sit down with your legs extended and your feet flat on the ground. Then lean forward and reach your arms out in front of you.



**Stretch 103 – Shoulder (Superior) Stretch, in the Direction of the Shoulder**

Stretch your shoulder and neck. Stand with your feet flat on the ground. Then lean forward and reach your arms up.



**Stretch 02 - Crawling Backward - Cat Crawl, in the Backward of the Upper-Cat**

Start by kneeling on both knees with your feet in front of you and your hands flat on the ground in front of you. Then you move one leg back at a time.



**Stretch 03 - Standing One-Legged Cat Crawl, in the Backward of the Upper-Cat**

Start by kneeling on both knees with your hands flat on the ground in front of you.



**Stretch 04 - Standing One-Legged Cat Crawl, in the Backward of the Upper-Cat**

Start by kneeling on both knees with your hands flat on the ground in front of you. Then you move one leg back at a time.

