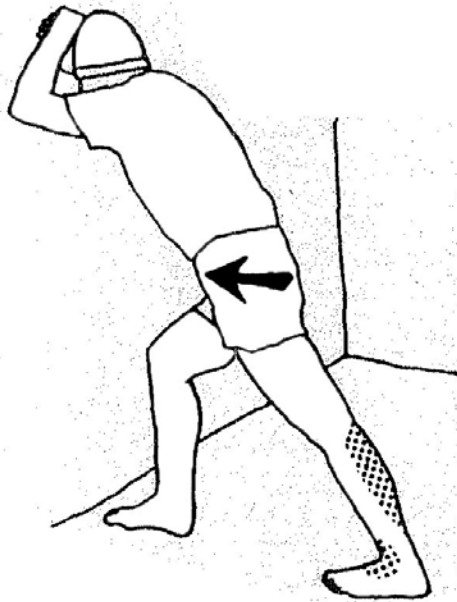


STANDING STRETCHES FOR LEGS AND HIPS

This series of stretches will help your walking and running. It will give flexibility and energy to the legs. All of the stretches can be done standing up.

STRETCHES NEED TO BE DONE 4 TIMES PER DAY.
THEY NEED TO BE PART OF YOUR DAILY ROUTINE.



To stretch your calf, stand a little way from a solid support and lean on it with your forearms, head resting on hands. Bend one leg and place your foot on the ground in front of you, with the other leg straight behind. Slowly move your hips forward, keeping your lower back flat. Be sure to keep the heel of the straight leg on the ground, with toes pointed straight ahead or slightly turned in as you hold the stretch. Hold an easy stretch for 30 seconds. Do not bounce. Stretch other leg.

To create a stretch for the calf and Achilles tendon, lower your hips downward as you slightly bend your knee. Be sure to keep your back flat. Your back foot should be slightly toed-in or straight ahead during the stretch. Keep your heel down. This stretch is good for developing ankle flexibility. Hold stretch 25 seconds. The Achilles tendon area needs only a slight feeling of stretch.

