

Level 2 Stretches



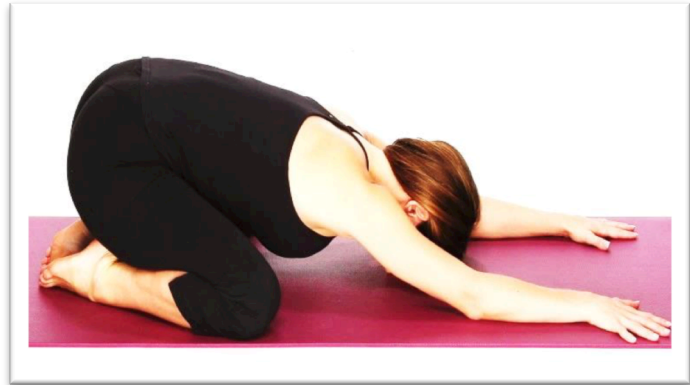
Piriformis Stretch

Perform ____ repetitions and hold each stretch for ____ seconds.
Do this exercise ____ times a day.

Child's Pose

Perform ____ repetitions and hold each stretch for ____ seconds.
Do this exercise ____ times a day.

Make sure knees are separated!



Hip Flexor Stretch

Perform ____ repetitions and hold each stretch for ____ seconds.
Do this exercise ____ times a day.

Keep trunk straight, lean back slightly.

Trunk Twist

Perform ____ repetitions and hold each stretch for ____ seconds.
Do this exercise ____ times a day.

Keep shoulders flat and stretch through hip and abdominal muscles.

