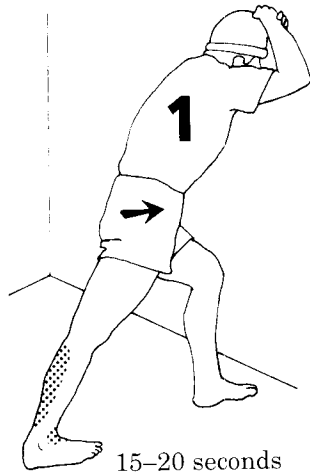


Stretches for the Legs, Groin & Hips

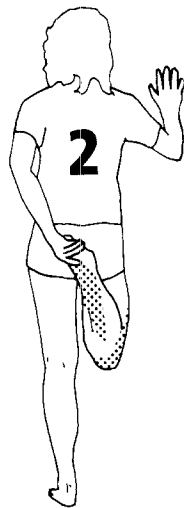
STEVEN B. WASSERMAN, R.N., D.C.

Approximately 7 Minutes

Stretch comfortably after a light warm-up of walking in place or riding a stationary bike for 2–3 minutes. Remember to stretch with control as you gradually limber up. Relax and breathe rhythmically.



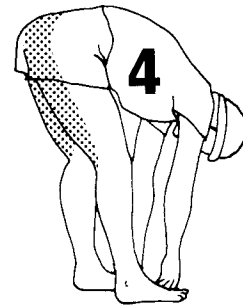
15–20 seconds
each leg
(page 71)



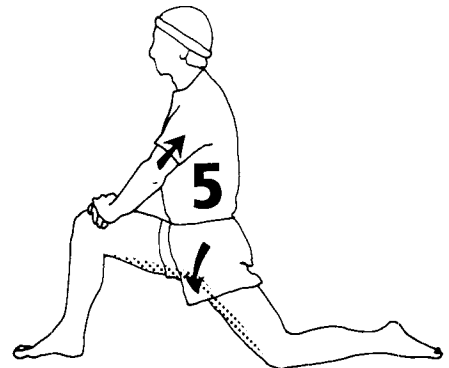
15–20 seconds
each leg
(page 75)



Hold for
20–30 seconds
(page 55)



10–15 seconds
(page 54)



10–15 seconds
each leg
(page 53)



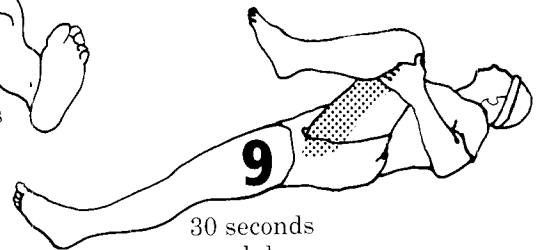
20–30 seconds
(page 58)



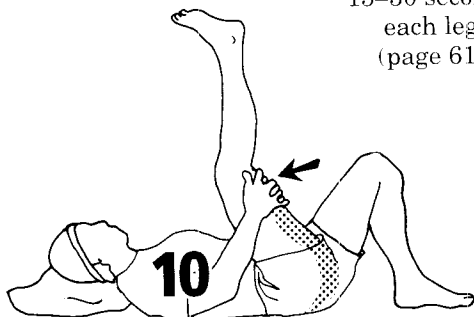
15–30 seconds
each leg
(page 61)



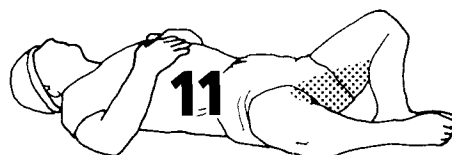
10–15 seconds
each leg
(page 35)



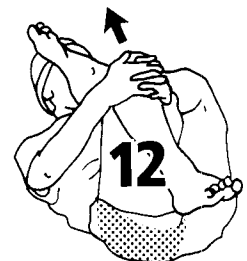
30 seconds
each leg
(page 63)



10–20 seconds
each leg
(page 58)



30 seconds
(page 26)



15–20 seconds
each leg
(page 36)