

# Protocol #1: Static Stretching

Stretch	Static Hold (per side)	Sets	Order	Description (Repeat on other side)
Standing Quadriceps Stretch	30 seconds	3	Alternate	Stand up tall and shift your weight to the R. leg. Lift your L. foot and grasp it with your L. hand. Pull your L. foot toward your glutes until you feel the stretch in your quads.
Standing Hamstring Stretch	30 seconds	3	Alternate	Stand upright with the spine in a neutral position. Place the R. leg in front of the body with the foot flexed, heel pushed into the ground, and toes pointing toward the ceiling. Slightly bend the L. knee and gently lean forward until you feel the stretch in your R. hamstring.
Figure 4 Stretch	30 seconds	3	Alternate	With your back on a mat, bend your knees and plant your feet hip distance apart on the mat. Cross your R. leg over your L. thigh, placing the outside of your R. calf just above your L. knee. Allow your R. knee to open outward and pull your L. thigh toward your abdomen and hold.
Supine Spinal Twist	30 seconds	3	Alternate	Lie on your back and hug your R. leg into your abdomen. Place your L. hand on your knee and extend your R. arm along the floor at shoulder height. Draw your R. knee over to your left side. Aim to keep your R. shoulder on the floor and turn your head to the right.

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