



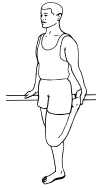
Stretching Guidelines

- Stretch after every workout
- Hold each stretch for 20-30 seconds
- Perform each stretch slowly. Do NOT bounce!
- Breathe deeply through each stretch
- If stretch is one-sided, repeat stretch on other side
- If you experience pain, discontinue stretch and consult your physician

CONTACT INFORMATION WellAware

www.wellaware-nu.com
wellaware@nu.com
1.800.265.7438
Berlin x665.2408

Post-Workout Stretches



1. Quadriceps Stretch
Pull heel toward buttocks until stretch is felt in front of thigh.



2. Hamstring Stretch
With left knee bent, extend right leg straight until stretch is felt. For more stretch, flex right foot and press heel to ceiling.



3. Glute/Hip Stretch
With left knee bent, cross right ankle over left knee and pull left knee towards chest. Place both hands behind left knee and hold.



4. Lower Back Stretch
Lying face-up on a mat, bend knees to chest. Grasp behind knees and pull knees to chest gently and hold.



5. Calf Stretch
Facing a wall, step one foot b behind you and press the heel down toward the floor.



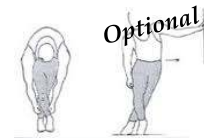
6. Plantar Stretch
Sit upright and cross one leg over opposite knee. Place hand on end of toes and gently press down to stretch the top of the foot, then pull toes back to stretch the bottom.



7. Hip Flexor Stretch
On right knee, place left foot on mat in front. Keeping upper body upright, push hips forward until a stretch is felt in the front of the right hip/quadriceps.



8. Achilles Stretch
Facing wall, step back with right foot and press heel to ground. Place hands on wall and lean forward. Then bend right knee while still keeping heel on ground and hold.



9. IT Band Stretch
Cross right foot over left, toes facing forward (1st pic). Keep right knee bent, left leg straight and reach towards toes and hold.



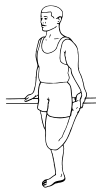
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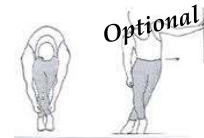
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