

Hip Flexors

Lunge forward with your knee on a padded mat. Position foot beyond the forward knee and place your hands on it. Straighten hip of rear leg by pushing hips forward. Hold stretch and repeat with the opposite side.

Alternative

Kneeling on the mat place one foot up against the wall and place the knee on the floor. Now with the other foot, place it so the sole is flat on the floor (thigh parallel to the floor, 90 degree angle at the knee joint). When in this position the upper body should be vertical. The idea is to get the back knee as close to the wall as possible.



Gastrocnemius

Start on your hands and knees and push up through your arms and shoulders. Keep your feet hip width distance apart. Keep one foot on the ground you're your legs straight and place the other resting on the calf of the straight leg. Attempt to push the heel of the straight leg to the floor.

Alternative

Stand with one leg far in front of the other. Keep the back heel flat on the floor and bend the front leg, keeping the back leg straight.

