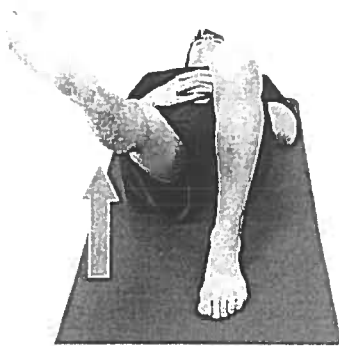




Bike

Ride for 20-30 minutes at a comfortable pace.



STRAIGHT LEG RAISE - SLR EXTERNAL ROTATION

While lying or sitting, raise up your leg with a straight knee and your toes pointed outward.

Repeat 10 Times
Complete 3 Sets
Perform 1 Time(s) a Day



HIP ABDUCTION - SIDELYING

While lying on your side, slowly raise up your top leg to the side. Keep your knee straight and maintain your toes pointed forward the entire time. Keep your leg in-line with your body.

The bottom leg can be bent to stabilize your body.

Repeat 10 Times
Complete 3 Sets
Perform 1 Time(s) a Day

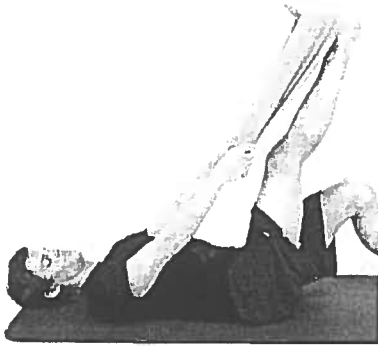


QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position.

Repeat 2 Times
Hold 30 Seconds
Perform 1 Time(s) a Day



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt under your leg, calf area.

Keep your knee in a straightened position during the stretch.

Repeat 2 Times
Hold 30 Seconds
Perform 1 Time(s) a Day