<table>
<thead>
<tr>
<th>Exercise</th>
<th>Description</th>
<th>Sets and reps</th>
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| Hip flexor stretch   | • Bring back leg and knee onto floor  
• Lunge forward with front leg  
• Wait to feel stretch in back leg  
• Lift arms above head to increase the stretch | Sets: 4  
Time: 45 seconds |
| Couch stretch        | • Against a wall  
• Bend back leg against wall with foot flat against wall  
• Keep back straight and chest up | Sets: 4  
Holds: 45 seconds |
| Quad stretch         | • Hold back leg around foot  
• Bring leg to touch glute  
• Keep back straight do not arch  
• Hold in end position for proposed time | Sets: 5  
Holds: 30 secs |
| Pretzel stretch      | • Hold one leg with same side arm  
• Bend alternative leg inwards to touch opposite knee  
• Lift opposite arm to touch head  
• Hold in end position | Sets: 4  
Holds: 30 |
| Downward dog | Place palms on floor  
| Arch back and glute into air  
| Maintain straight line with back  
| Keep feet flat to ground  
| Breath and control breathing through stretch | Sets: 4  
| Holds: 45 seconds |
|---|---|
| Frog stretch | Face down and parallel with the floor  
| Open your hips and push pelvis into ground  
| Maintain trunk alignment | Sets: 3  
| Repetitions: 12 |