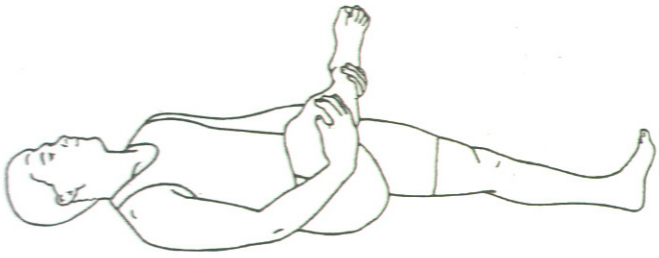
HIP OBLIQUE - 8 Internal Rotators



Gently pull foot and knee toward shoulder, rotating at hip. Hold __15__ seconds. Repeat with other leg.

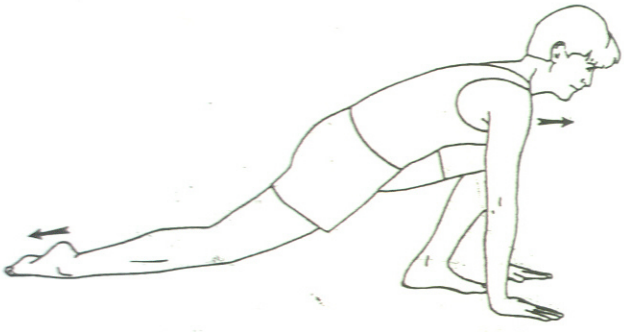
Repeat __3__ times. Do __3__ sessions per day.

HIP OBLIQUE - 12 Internal Rotators

With back against wall, gently pull leg toward chest until stretch is felt. Hold __15__ seconds. Repeat with other leg.

Repeat __3__ times. Do __3__ sessions per day.

HIP OBLIQUE - 11 Flexors

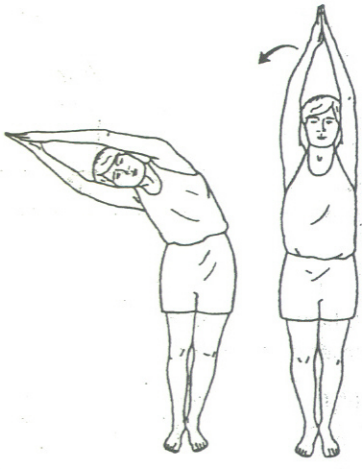


From position shown, slide foot back and move trunk forward until stretch is felt. Hold __15__ seconds. Repeat with other foot.

Repeat __3__ times. Do __3__ sessions per day.

HIP OBLIQUE - 1 Abductors

From starting position, bend the body to the side as far as possible until stretch is felt. Hold __15__ seconds. Repeat to other side.



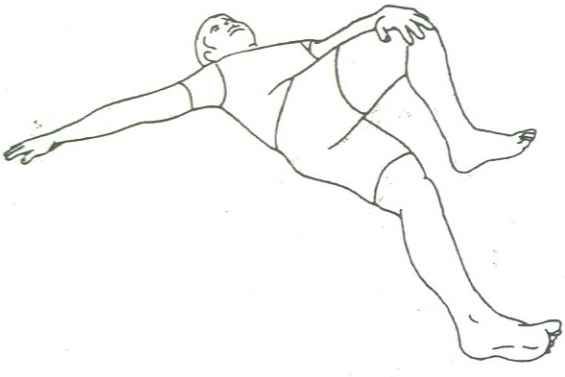
Repeat __3__ times.
Do __3__ sessions per day.

HIP OBLIQUE - 7 External Rotators

From position shown, pull knee across body toward the opposite shoulder until stretch is felt. Hold __15__ seconds. Repeat with other knee.

Repeat __3__ times.
Do __3__ sessions per day.

HIP OBLIQUE - 6 External Rotators



Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold __15__ seconds. Repeat with other leg.

Repeat __3__ times. Do __3__ sessions per day.