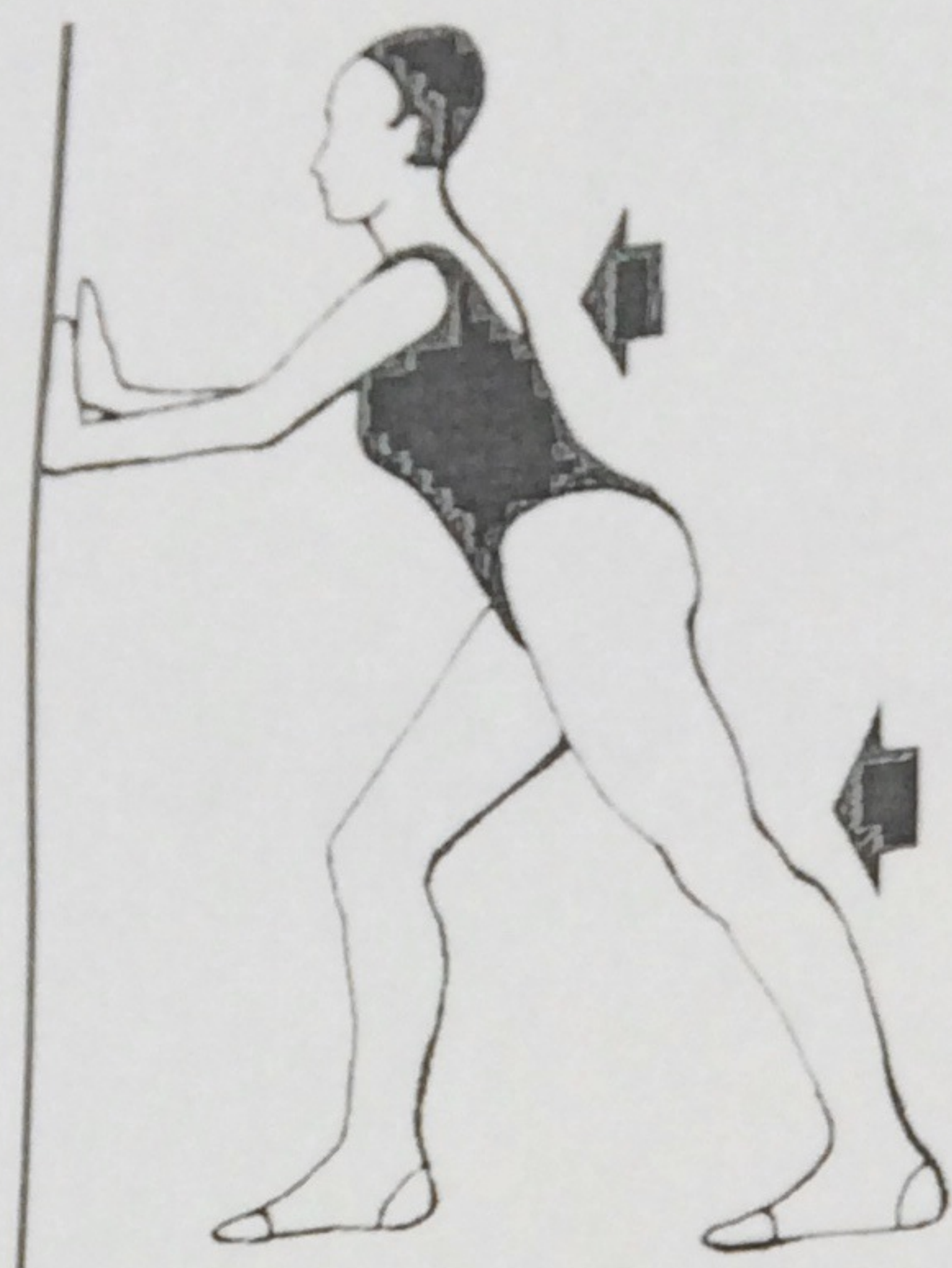


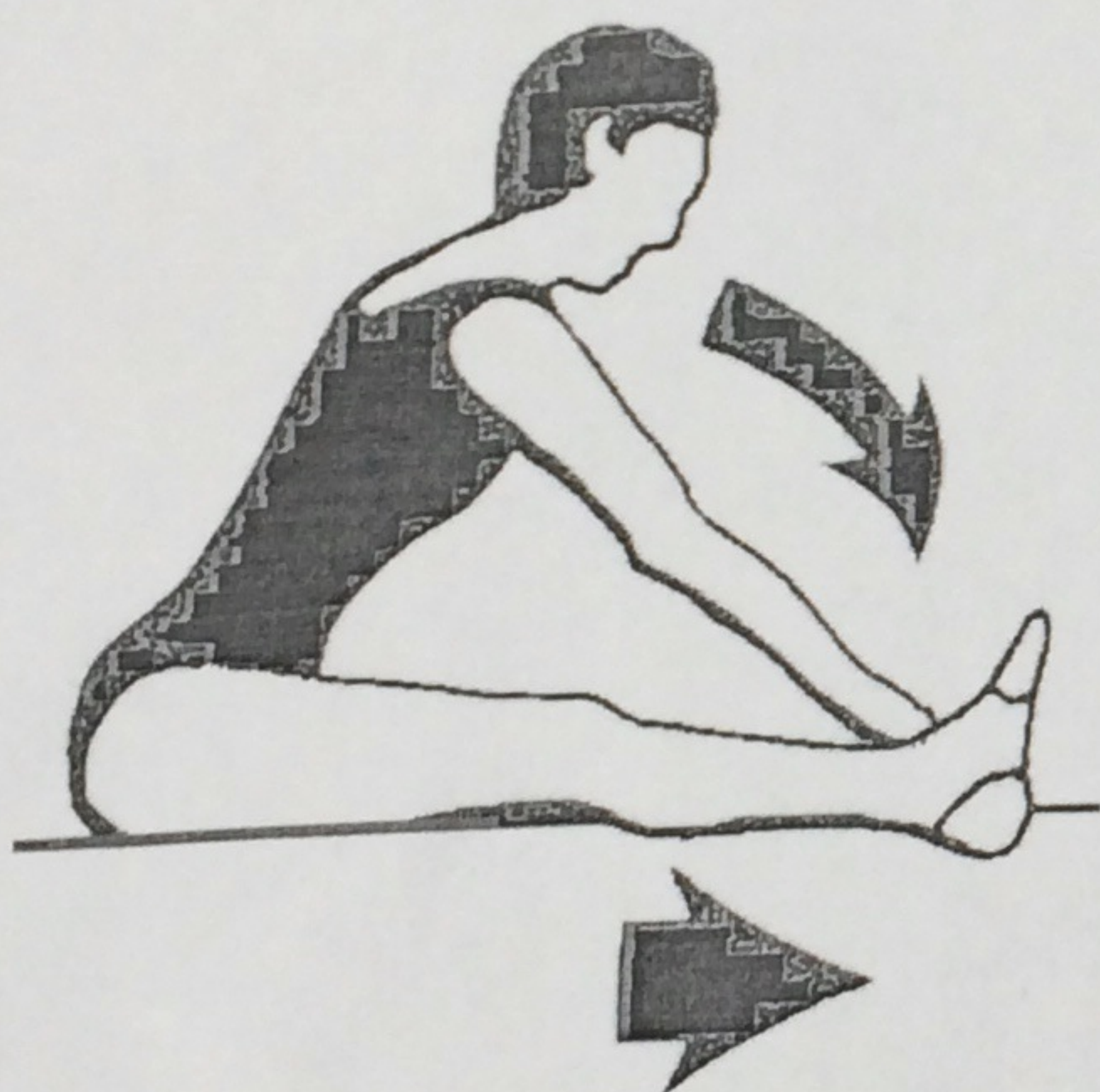
Leg stretches



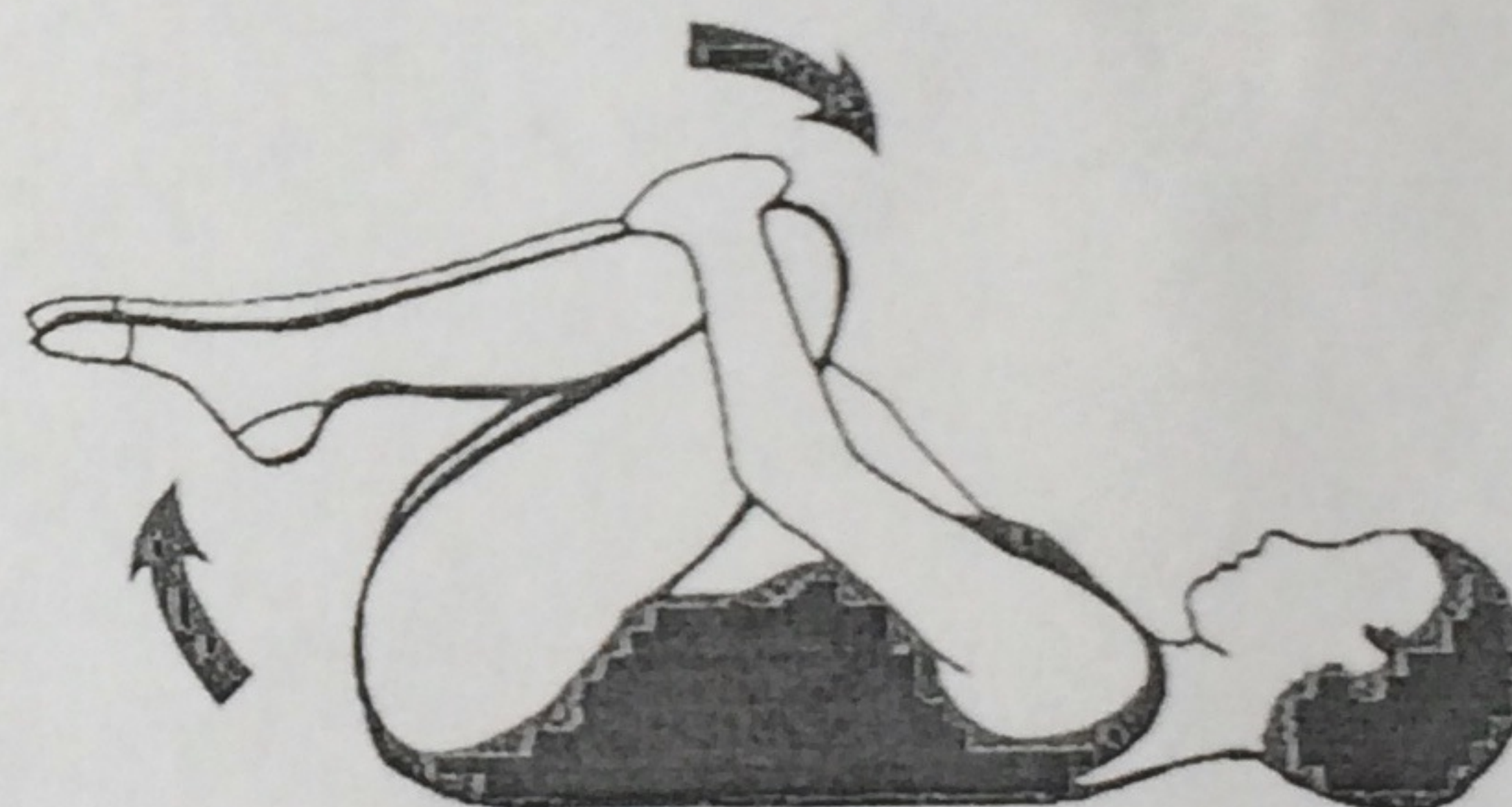
12. Calf



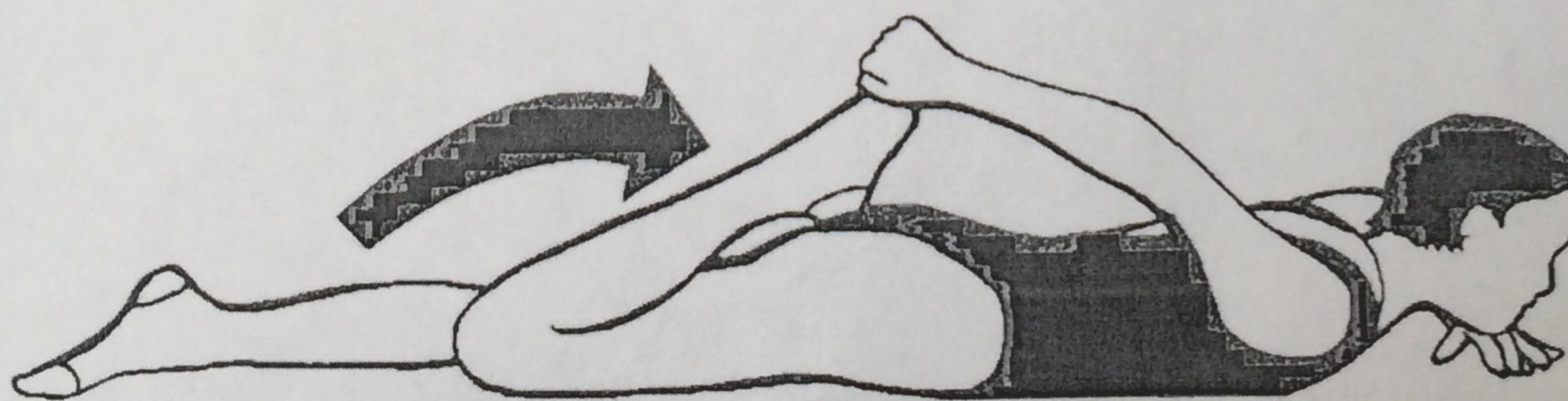
13. Groin



14. Hamstrings



15. Knee to chest



16. Thigh stretch (can be done standing)

Stretching ➡ Flexibility ➡ Function