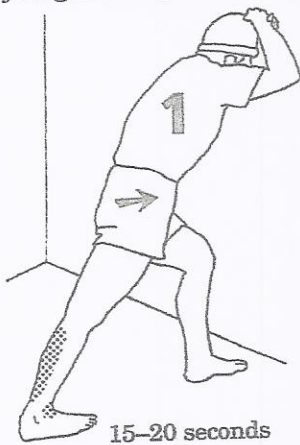


# Stretches for the Legs, Groin & Hips

Approximately 7 Minutes

Stretch comfortably after a light warm-up of walking in place or riding a stationary bike for 2-3 minutes. Remember to stretch with control as you gradually limber up. Relax and breathe rhythmically.



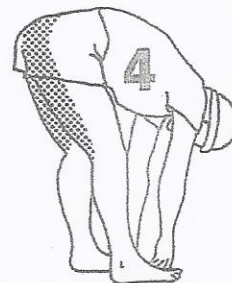
15-20 seconds  
each leg



15-20 seconds  
each leg



Hold for  
20-30 seconds



10-15 seconds



10-15 seconds  
each leg



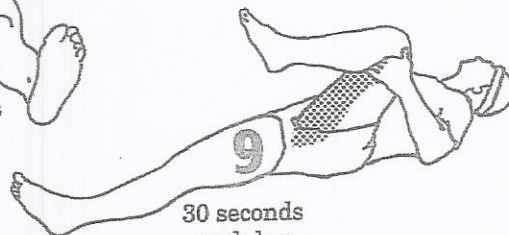
20-30 seconds



15-30 seconds  
each leg



10-15 seconds  
each leg



30 seconds  
each leg



10-20 seconds  
each leg



30 seconds

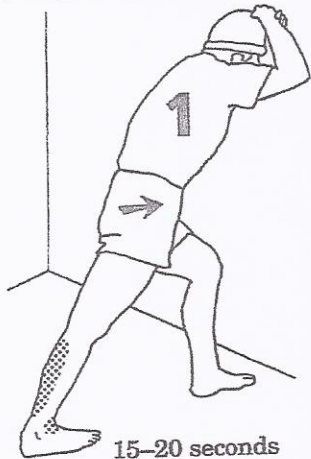


15-20 seconds  
each leg

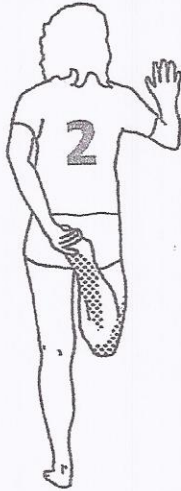
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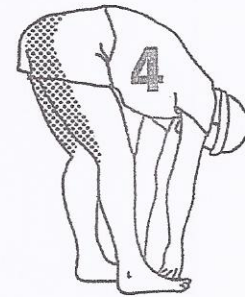
15-20 seconds  
each leg



15-20 seconds  
each leg



Hold for  
20-30 seconds



10-15 seconds



10-15 seconds  
each leg



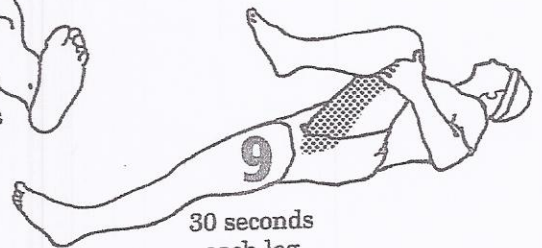
20-30 seconds



15-30 seconds  
each leg



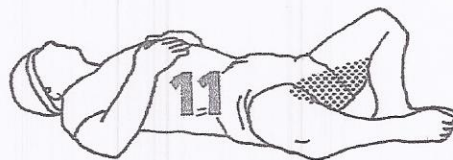
10-15 seconds  
each leg



30 seconds  
each leg



10-20 seconds  
each leg



30 seconds



15-20 seconds  
each leg