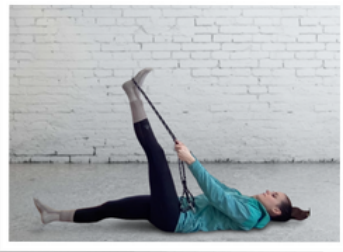


KEY STRETCHES FOR HIKERS



Static Hamstring

Low back flat on the ground, knee straight



Quadriceps (Thigh)

Low back flat, gently pull ankle to body



Straight Knee Calf

Keep back knee completely straight



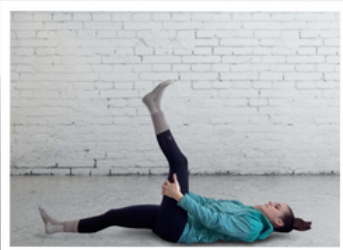
Kneeling Hip Flexor

Tuck hips under to bring on stretch in the front of down leg



Bent Knee Calf

Bend back knee to move stretch down closer to the ankle



Moving Hamstring

Bend and straighten at knee

Hold each stretch for at least 30 seconds and repeat 3-5 times on each leg, daily. Stretch should feel strong but still comfortable.