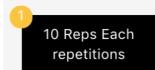
AFTE EACH LEG TRAINING:



Curled Selza

Vertical shin

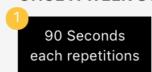
Piriformis (each leg)

Standing Achilles (each leg)

Kneeling Achilles (each leg)

Standing Pike

ONCE A WEEK STRETCHING EXERCISES:



Frog Stretch

Standing straddle pike

Pancake push to straddle stand

Kneeling tuck

Pancake Hold

Pancake Walks

Kneeling Tuck

Pancake Archups