

ROCK CITY FITNESS

FLEXIBILITY EXERCISES



CALF



BENT KNEE CALF



QUAD



HAMSTRING



ADDUCTOR



HIP FLEXOR



SEATED CROSS LEG



LYING HAMSTRING

GUIDELINES:

PERFORM AFTER FOAM ROLLING AND/OR AT END OF WORKOUT.
STRETCH TO THE POINT OF SLIGHT DISCOMFORT. DON'T BOUNCE.
HOLD STRETCH FOR 20-30 SECONDS.



ROCK CITY
FITNESS