



Corrective Exercise Booklet





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Athlete Name: _____



How to Use This Booklet

This booklet contains normative data for the measurable tests that you can compare your results to. It also contains recommended exercises and stretches for you to perform to improve your results for the next test.

If you did not pass one or more of the tests at the functional testing:

1. Find the test(s) you did not pass in the Table of Contents (the box will be checked)
2. Flip to the appropriate pages and look at what exercises and stretches are recommended for you
3. Perform these exercises and stretches on your own or with your local Club Fit Program
4. Return to the next functional testing to see your improvement



Posture Test

Head Forward Correction

Chin retractions

While the athlete is positioned against the wall, pull head back and press against the wall keeping the chin level. The chin should slide back similar to a drawer and should not drop or lift. Hold 5-10 seconds. Repeat 10 times.



Figure 1

Shoulders Forward Correction

If shoulders are rounded and forward:

Scapular retraction and depression



Figure 2- Scapular Depression and Retraction- Side view

While athlete is positioned against wall as outlined above pull shoulder blades down the back and squeeze them together. Focus on trying to flatten the back of the shoulder blades against the wall and avoid arching the back or pulling the head away from wall. Hold 5-10 seconds. Repeat 10 times.



Figure 3 Scapular Depression and Retraction- Back view

Lower Back Forward Correction

See Exercise 1 in **Appendix A** to work on core

See Hip Flexor and Quad Stretches in **Appendix B**

Lower Back Flattened Correction

See Core Strengthening in **Appendix A**

See Hamstring Stretches in **Appendix B**

Corrective Exercise:



Wall Drill

This exercise can be performed to help practice proper standing posture. Stand with head, shoulders, back and heels against a wall. Heels should be shoulder width apart. Ensure the knees are not locked. Draw in the lower abdominals, decreasing the arch in your low back. Slowly exhale and pull the rib cage flat, shoulders back, to try and flatten any space between middle back and wall. Hold 5-10 seconds. Repeat 10 times.

Figure 4



Hamstring Test

See [Hamstring Stretches](#) in **Appendix B**

Normative Data: Male Sit and Reach Test (centimeters)

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	> 51	> 51	> 48	> 48	> 43	> 43
Good	47-51	47-51	43-48	40-48	36-43	33-43
Above average	43-47	40-47	38-43	36-40	30-36	28-33
Average	38-43	36-40	33-38	30-36	25-30	23-28
Below average	33-38	30-36	28-33	25-30	20-25	20-23
Poor	25-33	25-30	23-28	18-25	13-20	13-20
Very Poor	< 25	< 25	< 23	< 18	< 13	< 13

Data from YMCA of the USA

Normative Data: Female Sit and Reach Test (centimeters)

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	> 61	> 64	> 56	> 53	> 51	> 51
Good	53-61	51-64	48-56	46-53	46-51	46-51
Above Average	51-53	48-51	43-48	43-46	41-46	41-46
Average	46-51	46-48	41-43	38-43	38-41	36-41
Below average	43-46	41-46	36-41	36-38	33-38	30-36
Poor	36-43	36-41	28-36	28-36	25-33	23-30
Very Poor	< 36	< 36	< 28	< 28	< 25	< 23

Data from YMCA of the USA



Hip Flexor Test

See [Hip Flexor Stretches](#) in [Appendix B](#)

Squat Test

Corrective Exercises:

See [Core Strengthening](#) in [Appendix A](#)

See [Lower Body Flexibility](#) in [Appendix B](#)

Box Squats

Place a box, chair, or bench behind you. Slowly descend into a squatting position, pushing your hips back and sitting on the object, and then push through your legs to rise again. Heels remain flat and feet point forward.

Knees should remain behind feet and aligned over the feet. Core should be engaged, and glutes activated as your chest stays facing forward.



If you are unable to maintain knee and foot alignment, you feel pain in your knees, or you feel most of the work being done by your quad muscles, work on the [Glute Bridge Exercise](#) and the [Lower Body Flexibility Exercises](#). If you feel back pain, stop the exercise and work on [Core Strengthening Exercises](#).

Perform repetitions until fatigue. Gradually increase repetitions until completing 3 sets of 15 repetitions with proper form. Once this is attained, start practicing squatting without a box. Ask your Club Fit coach how to squat with weight if this becomes too easy.



Glute Bridge

Start on your back with your heels close to your glutes, shoulder width apart, and keep your core active. Press through your feet, with most of the pressure into your heels, and squeeze your glute (butt) muscles to extend your hips into the air. Hold for a second and then slowly lower your hips back to the ground. Repeat this exercise for 10-12 repetitions, or until the glute muscles are fatigued. Once you can perform this exercise easily for 20 repetitions, you can try doing this exercise one leg at a time for a challenge.



Figure 6



Figure 7



Wall Sit Test

Corrective Exercise:

See [Box Squat Exercise](#) on page 7

Normative Data- Wall Sit Test (seconds)

Rating	Males	Females
Excellent	> 100	> 60
Good	75 - 100	45 - 60
Average	50 - 75	35 - 45
Below Average	25 - 50	20 - 35
Poor	< 25	< 20

Data from Top End Sports



Lunge Test

Corrective Exercises:

See Core Training in **Appendix A**

See Lower Body Flexibility in **Appendix B**

One Leg Step Up

Start with your right leg up on a bench or chair and your left leg on the ground. Keep your core strong and push through your right foot that is on the bench to bring yourself up onto the bench. Lower your left foot back to the ground slowly, and controlled, using your right glute and hamstring muscles. Repeat for 10 reps or until fatigued on one side, and then perform the same number of reps on the opposite leg. Once you are able to do 20 reps per side you can talk to your Club Fit coach about adding weights in your hands to make the exercise more challenging.



Hurdle Step Test

Corrective Exercises:

See Core Training Exercises in **Appendix A**

See Lower Body Flexibility, especially Glute and Seated Twist stretches in **Appendix B**

Glute Bridge- As seen under **Squat Test** on page 8

One Leg Step Up- As seen above under **Lunge Test** on page 9



Single Leg Balance

Stand with feet placed shoulder width apart. Engage core musculature by tightening lower abdominals. Slowly lift one foot up bending the knee. Only lift the leg as high as possible while maintaining perfect balance. Hips should stay level while trunk and shoulders stay still. Relax through the shoulders.

Hold for 10 seconds. Then lower the leg and repeat other side. 10 repetitions per side.

If this exercise gets too easy, try performing the exercise on a Bosu, dome side down.



Figure 9



Figure 10

Stork Balance Test

Corrective Exercises:

See Core Training Exercises in **Appendix A**

Single Leg Balance- As seen above under **Hurdle Step Test** on page 10

Normative Data for Stork Balance Test (seconds)

Rating	Males	Females
Excellent	> 50	> 27
Above Average	37-50	23-27
Average	15-36	8-22
Below Average	5-14	3-7
Poor	< 5	< 3

Data from Brian Mac Sports Coach



Pushup Test

Corrective Exercises:

Perform pushups on your knees to start. Once you are able to do 3 sets of 15 reps, you can start doing pushups on your toes. Try to do pushups on your toes for 3 sets of max repetitions, 2-3 times a week.

Normative Data: Male Pushup Test (reps)

Age	17-19	20-29	30-39	40-49	50-59	60-65
Excellent	> 56	> 47	> 41	> 34	> 31	> 30
Good	47-56	39-47	34-41	28-34	25-31	24-30
Above average	35-46	30-39	25-33	21-28	18-24	17-23
Average	19-34	17-29	13-24	11-20	9-17	6-16
Below average	11-18	10-16	8-12	6-10	5-8	3-5
Poor	4-10	4-9	2-7	1-5	1-4	1-2
Very Poor	< 4	< 4	< 2	0	0	0

Table from Top End Sports

Normative Data: Female Pushup Test (reps)

Age	17-19	20-29	30-39	40-49	50-59	60-65
Excellent	> 35	> 36	> 37	> 31	> 25	> 23
Good	27-35	30-36	30-37	25-31	21-25	19-23
Above Average	21-27	23-29	22-30	18-24	15-20	13-18
Average	11-20	12-22	10-21	8-17	7-14	5-12
Below average	6-10	7-11	5-9	4-7	3-6	2-4
Poor	2-5	2-6	1-4	1-3	1-2	1
Very Poor	0-1	0-1	0	0	0	0

Data from Top End Sports



Plank Test

Corrective Exercises:

See Core Training Exercises in **Appendix A**

See Glute Bridge Exercise on page 8

Normative Data for Plank Test

Rating	Time
Excellent	> 6 minutes
Very Good	4-6 minutes
Above Average	2-4 minutes
Average	1-2 minutes
Below Average	30-60 seconds
Poor	15-30 seconds
Very Poor	< 15 seconds

Data from Top End Sports

Shoulder Mobility Test

Corrective Exercises:

See Shoulder and Chest Flexibility in **Appendix B**



Shoulder Mobility

Assume the test position as above. Hold a strap between each hand and alternate between gently pulling the top hand downward and the bottom hand upward while holding the strap. Gentle tension should be felt and NOT pain. If pain is felt try moving the hands further apart along the length of the strap. This should be a gentle stretch.

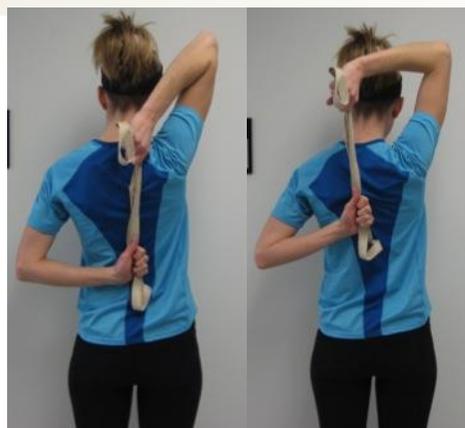


Figure 11

Normative Data for Shoulder Mobility Test

Rating	Description
	Good Fingers are touching
	Fair Fingertips are not touching but are less than 5cm apart
	Poor Fingertips are greater than 5cm apart

Data and images from Top End Sports



Four Point Opposite Arm/Leg Raise Test

Corrective Exercises:

See Core Training Exercises in **Appendix A**

Arm Only

Assume a hands and knees position and place a dowel across the back of the pelvis/hips. Shoulders are above hands and hips are above knees. Engage the core musculature and lift the one hand a couple inches from the ground. The pelvis needs to stay level in order to balance the dowel. Slowly lift the arm up until it is parallel with the body. Slowly lower the hand and resume the start position. Repeat 10 times each side. Gradually increase repetitions to 3 sets of 10 reps per side.



Figure 12

Leg Only

Assume a hands and knees position and place a dowel across the back of the pelvis/hips. Shoulders are above hands and hips are above knees. Engage the core musculature and lift one knee a couple inches from the ground. The pelvis needs to stay level in order to balance the dowel. Slowly lift the leg up until it is parallel with the body. Slowly lower the leg and resume the start position. Repeat 10 times each side. Gradually increase repetitions to 3 sets of 10 repetitions.



Figure 13

After these become easy, you can try doing an arm and a leg at the same time, as seen in Exercise 3 in **Appendix A**.



Seated Rotation Test

Corrective Exercises:

See [Seated Twist Stretch](#) and [Crossover Hip Stretch](#) in [Appendix B](#)

Lying Rotation

Lay face up on the ground. Bend the knees and place feet flat. Keeping knees together slowly drop the knees to one side on the body. Slowly lift knees back up to center, and repeat on the other side. If it is uncomfortable to lower your knees all the way to the ground, work within your range of motion, and slowly decrease the distance to the ground each week.

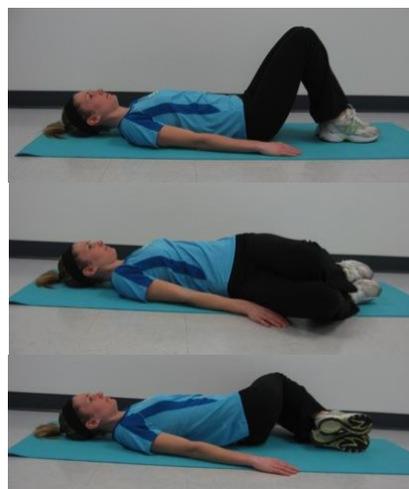


Figure 14

Complete 10-20 times each side.

If there is pain, stop the exercise and work on the [Core Strengthening Exercises](#) in [Appendix A](#).

Broad Jump Tests

Corrective Exercises:

To improve at the broad jump tests, you should do a combination of strength training and plyometric training for your lower body to increase the explosive power in your lower body. Exercises such as squats, lunges, deadlifts, box jumps and resistance hurdle jumps are great to improve. Talk with your Club Fit Coach to learn more about these exercises.



Normative Data for Broad Jump Test (meters)

Rating	Males	Females
Excellent	> 2.50	> 2.00
Very Good	2.41-2.50	1.91-2.00
Above Average	2.31-2.40	1.81-1.90
Average	2.21-2.30	1.71-1.80
Below Average	2.11-2.20	1.61-1.70
Poor	1.91-2.10	1.41-1.60
Very Poor	< 1.91	< 1.41

Data from Top End Sports

Sprint Test

Corrective Exercises:

Strength, plyometric, and technique training are all important to improving sprinting. If you are a sprinting athlete, work with your coach to improve on your technique, working on one improvement in technique per session. Talk to your Club Fit Coach to learn more about strength and plyometric training for your lower body to improve sprinting.

Normative Data for 30m Sprint Test (seconds)

Rating	Males	Females
Excellent	< 4.0	< 4.5
Above Average	4.0 - 4.2	4.5 – 4.6
Average	4.3 – 4.4	4.7 – 4.8
Below Average	4.5 – 4.6	4.9 - 5.0
Poor	> 4.6	> 5.0

Data from Physical Education and the Study of Sport



Ball Toss Test

Corrective Exercises:

If you would like to improve your ball toss, you will have to strengthen your posterior chain. This is the chain of muscles along the back side of the body. One of the most important exercises is the deadlift. Talk to your Club Fit Coach about learning body weight deadlifts and the one leg deadlift. These exercises are important for strengthening your glute and hamstring muscles and should not be felt in your lower back. It is very important to learn proper technique when doing these exercises so as not to hurt yourself.

Normative Data for Ball Toss Test (m)

Rating	Males	Females
Excellent	> 13.3	> 9.9
Good	10.7-13.3	8.1-9.9
Average	8.2-10.7	6.1-8.1
Needs Improvement	< 8.2	< 6.1

Data from Medicine and Science in Sports and Exercise

Agility Test

Corrective Drills:

To improve agility, you have to do agility drills. There are many ladder and hurdle drills that you can do to improve your agility. Talk to your Club Fit Coach to learn more about these drills.



Normative Data: 5-10-5 Agility Test (seconds)

Rating	Males	Females
Excellent	> 4.5	> 4.7
Good	4.8	5.0
Average	5.2	5.4
Below Average	< 5.5	< 5.9

Data from 440 Performance

Vertical Jump Test

Corrective Drills:

To improve at the vertical jump test, you should do a combination of strength training and plyometric training for your lower body to increase the explosive power in your lower body. Exercises such as squats, lunges, deadlifts, and box jumps are great to improve. Talk with your Club Fit Coach to learn more about these exercises.

Normative Data for Vertical Jump Test (inches)

Rating	Males	Females
Excellent	> 28	> 24
Very Good	24-28	20-24
Above Average	20-24	16-20
Average	16-20	12-16
Below Average	12-16	8-12
Poor	8-12	4-8
Very Poor	< 8	< 4

Data from Top End Sports



Appendix A- Core Strengthening

Figure 15 Core Exercise



Exercise 1 Description: The first step to training your core properly is learning how to activate the muscle that helps stabilize your pelvis, your transverse abdominis. A common way to activate this muscle is to go onto your knees and hands,

and then try to round your back by using your stomach muscles to pull your hips up. Once you are able to activate this muscle, you can start doing exercises to strengthen your core muscles.

To Do: Strengthen your core muscles by activating this core muscle for 5 seconds at a time. Once you can keep it activated in the position above for 10 sets of 5 seconds, you can move on to Exercise 2.

Exercise 2 Description: To perform the plank, you would lay down on the ground and then come up onto your elbows and your knees (level 1) or toes (level 2). While doing this exercise, you would want to make sure to keep that same core muscle from the first exercise activated and strong to prevent your lower back from arching. You would try to hold this exercise for as long as you can, without feeling any back pain.



Figure 16 Level 1



Figure 17 Level 2

To Do: Hold a level 1 plank for as long as you can, take a break, and then attempt again for three sets in total. Once you can hold a level 1 plank for one minute you can start attempting the level 2 plank. If you can hold a level 2 plank for more than one minute and 30 seconds, then you can make this exercise tougher. To make it tougher, you can try holding a plank and raising one arm or leg off the ground for 5-10 seconds, and then alternating sides, to make it tougher.



Figure 18 Exercise



Exercise 3 Description: *Do not attempt this exercise until you can hold a Level 1 Plank for at least 30 seconds.* When completing this exercise, start on your hands and knees, and keep your core activated. Slowly raise your left arm and right leg out, keeping your hips and shoulders level to the ground. Hold this position for 5 seconds and then return to the ground. Repeat on the opposite side and make sure you do not create any back pain in this exercise.

To Do: Try to do as many repetitions per side as you can. After your core tires out, take a break, and then repeat for 3 sets total. Once you can easily perform 10 repetitions per side, you can try keeping your toes off of the ground while performing this exercise for an added challenge.

Exercise 4 Description: *Do not attempt this exercise until you can do Level 2 Plank for at least 30 seconds.* The dead bug is performed on your back, and it is important to keep your transverse abdominis strong and prevent your hips from tilting open. Another way to think of this is to keep your lower back flat on the ground and not let it arch. Once you have activated your core, you will bring your arms and legs up into the air, as if you were sitting in a chair, into position 1 shown. You will then lower your left leg and right arm to just above the ground, as shown in position 2, and then return to position 1. You will continue to alternate sides until your core is too weak or you start to feel muscles other than your core take over. Just like in the plank, you never want to feel back pain.





To Do: Try to do as many repetitions per side as you can. After your core tires out, take a break, and then repeat for 3 sets total. If you are able to do 10 per side, you can try making this exercise tougher by lowering both legs and arms at the same time.



Appendix B- Stretching Guide

Stretching is a very important, and often neglected, part of your fitness program. You should stretch 5-6 times a week for the rest of your life. If you don't stretch properly, it can cause your muscles to get tight and can cause joint injuries. Luckily, stretching can take as little as 10 minutes and is easy to add to your everyday routine. Follow this stretching guide below to prevent yourself from getting tight!

Lower Body Flexibility



Figure 20

Hip Flexor Stretch- Make sure to keep your core engaged and feel the stretch in your hip flexor muscles, which run from the top of your quad to your stomach. Hold this stretch for 30-60 seconds on both legs.



Figure 21

Quad Stretch- Keep your core engaged and do not let your pelvis tilt forwards. You should feel the stretch in the quad muscle, which runs from your knee to your hip. Hold stretch for 30-60 seconds on each leg.



Figure 22

Hamstring Stretch- Keep your leg that is on the chair straight but do not lock the joint. Make sure to keep your back straight and do not round your back forward. You should feel the stretch down the back of the leg that is on the chair. You should feel the stretch in your hamstring, which runs from your knee to your hip. Hold stretch for 30-60 seconds on each leg.



Figure 23

Hamstring Stretch- Keep your legs straight but do not lock the knee joints. Put a towel around your feet and pull your body down to your legs. Make sure to keep your back straight while you do this. You should feel a stretch in the back of your legs from your hips to the back of your knees.



Figure 24

Groin and Hamstring Stretch- Spread your feet out as wide as you can, keeping your toes pointing forwards. Lean forward and put your hands against a wall, keeping your core strong and your back straight. Slowly work your way down the wall until you feel a gentle stretch in your hamstring and groin. Hold this stretch for 30-60 seconds.



Figure 25

Glute Stretch- Keep your back flat against the ground and slowly push your left knee away from you until you feel a stretch. To feel a deeper stretch you can move closer to the wall. Hold stretch for 30-60 seconds on each leg.



Figure 26

Crossover Hip Stretch- Start laying flat on the ground. Raise your right leg up off the ground towards you, bending it in a 90 degree angle. Use your left hand to gently pull your right leg over to the left of your body, feeling the stretch through your right hip and glute muscle. Keep your right shoulder on the ground and only go through a range of motion that is comfortable, you do not need to bring your right knee to the ground. Hold this stretch for 30-60 seconds and then repeat with the left leg.



Figure 27

Calf Stretch- Keep your toe against the wall with your foot in dorsiflexion. Lean forward and put pressure into your toe against the wall, keeping your back straight. Hold stretch for 30-60 seconds.



Upper Body Flexibility

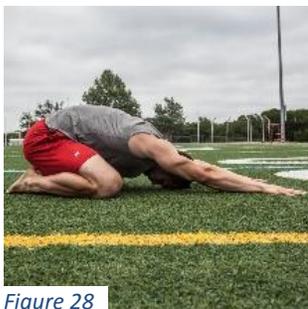


Figure 28

Back Stretch- Keep your core engaged and relax back onto your legs. Try to let your hips sink towards the ground and lengthen your spine. Feel the stretch in your upper back and shoulders. Hold stretch for 30-60 seconds.



Figure 29

Wrap-Around Back Stretch- Sit in a chair, on the ground, or stand and cross your arms in front of your body, grabbing your opposite shoulders. Pull your arms apart without letting go of your shoulders to feel a stretch in your upper back. To get a deeper stretch you can lower your chin. Hold this stretch for 30-60 seconds, breathing deeply.



Figure 30

Chest Stretch- Keep your arms at 90 degrees, one foot in front of the other and slowly lean into a corner. You want to feel this stretch through your chest and front of your shoulders. Hold for 30-60 seconds.



Figure 31

Lying Chest Stretch- *This can be an advanced stretch, so do not do it if it causes pain in your back or shoulders.* Lay over top of a bosu or foam roller, keeping your core engaged and feet planted firmly on the ground. Raise your hands over head and then back behind you, trying to touch the ground. Hold for 30-60 seconds, breathing deeply. You can change the position of your arms to feel a better stretch.



Figure 32

Seated Twist- Begin by sitting tall, extending both of your legs in front of you. Bend your right knee and cross it over the left thigh. Take your left elbow and place it on the outside of the right knee, then place right hand on the floor behind you, looking over your right shoulder. Make sure to keep your spine tall and your core strong. You want to feel a gentle stretch. Hold stretch for 30-60 second on each side.



Figure 33

Shoulder/Chest Stretch- Clasp your hands behind you and slowly raise your hands up until you feel a stretch in your chest and shoulders. Make sure to keep your shoulders back and prevent them from rounding forwards to get a proper stretch. Hold this stretch for 30-60 seconds.



Figure 34

Wrist Stretch- Put your hands together as if you were praying. Slowly move your hands down towards your belly button until you feel a stretch in your wrists. Hold this stretch for 30-60 seconds.



Figure 35

Neck Stretch- Hold onto a chair with both hands and slowly tilt your head to one side until you feel a stretch through your neck and shoulder. Make sure not to let your shoulders round forward to get the best stretch. Hold for 30-60 seconds on both sides.



Sources:

Figure 1- Tracie Albisser, Sport Readiness Corrective Exercises

Figure 2- Tracie Albisser, Sport Readiness Corrective Exercises

Figure 3- Tracie Albisser, Sport Readiness Corrective Exercises

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