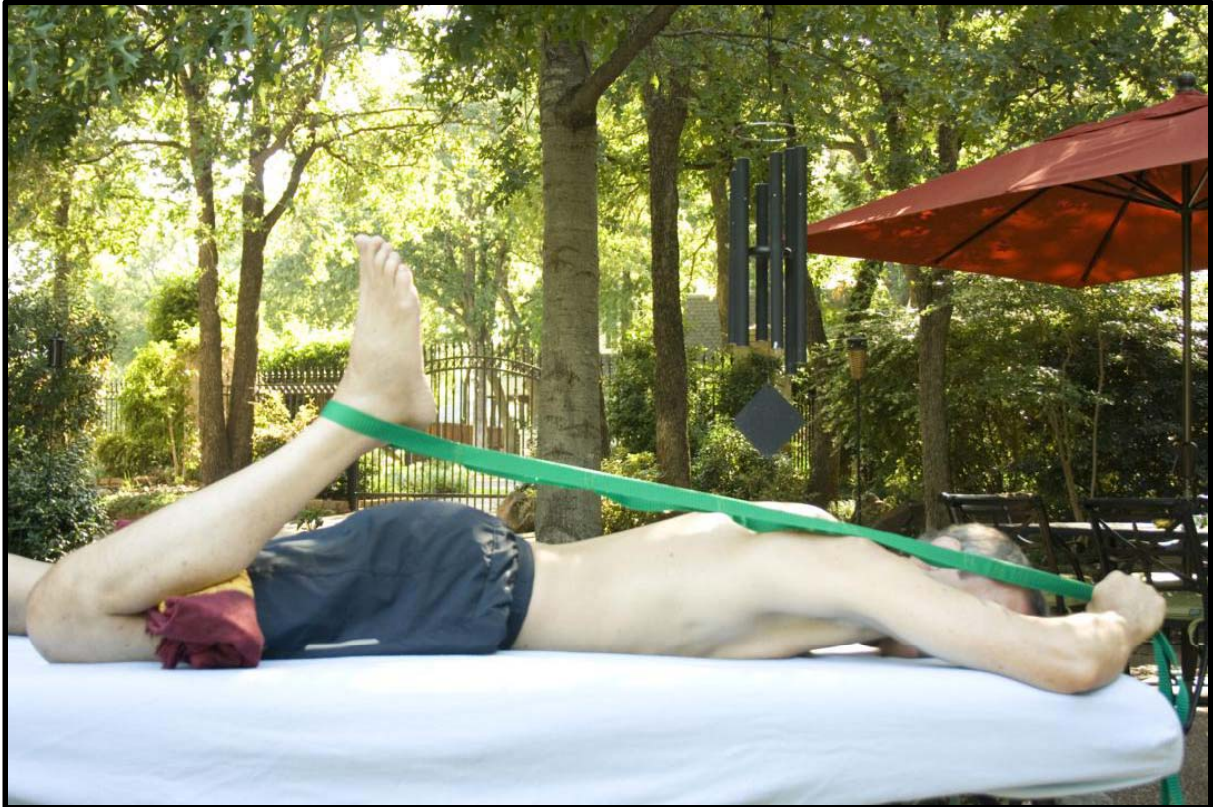


## Leg/Hip Stretch



### Quadriceps Stretch w/ Rope

- Step 1: Lie face down, knee bent; roll towel behind knee
- Step 2: Loop a stretch rope around this ankle, over your back and hold in hand
- Step 3: M.E.T. Push ankle straight back into rope as you provide your own gently resistance; hold 3 seconds
- Step 4: Release, return to stretch
- Step 5: Repeat 2-3 times