

WARM-UP

1.



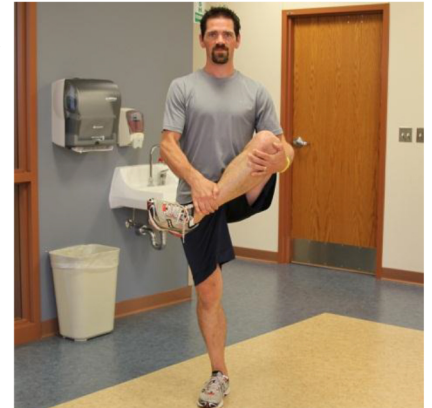
Leg Kicks

2.



Knee to Chest

3.



Glute Stretch

4.



Calf/Hamstring Stretch

5.



Hip Rotation Forward/Backward

6.



Lunge with a Twist

7.



Quad Stretch/Ankle Grab

8.



Deep Lunge

Disclaimer: The information contained in the rehabilitation exercise is not intended to be a substitute for professional medical advice, diagnosis or treatment in any manner. Always seek the advice of your physician or other qualified health provider before beginning any exercise program, or with any questions you may have regarding any medical condition.