

## **Stretching (Wall lunges)**

### Step 1:

° Stand slightly further than arms distance away from the wall. Make sure your feet are shoulder width apart.

### Step 2:

° Take a  $\frac{1}{2}$  step forward with the foot not being stretched so that the heel is a direct line from the toe of your back foot.

° Keep your feet flat on the ground. Your back foot should be straight all the way up the side of your foot.

### Step 3:

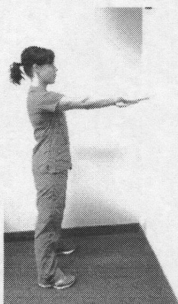
° Keeping your body straight and your feet flat, lunge forward towards the wall bending your front leg (the leg not being stretched) and keeping the back leg straight.

° Hold this position for 20 seconds

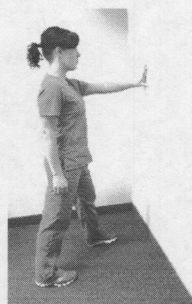
### Step 4:

° Repeat these steps stretching the opposite leg now.

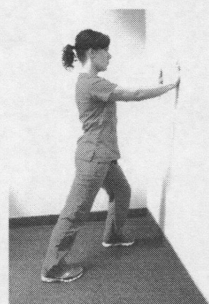
\*Do this stretch 6 times a day spread out, not all at once. \*



Step 1



Step 2



Step 3