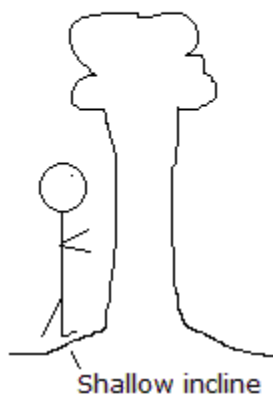


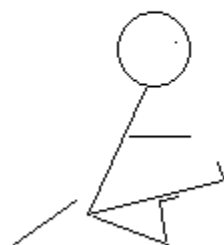
## Stretches for beginning walkers [who usually sit all day long]

(This version produced on July 21, 2010, by Adam Beytin. Please feel free to distribute!)

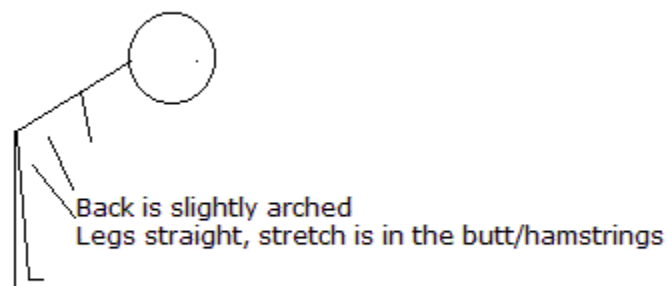
### "Achilles" stretch



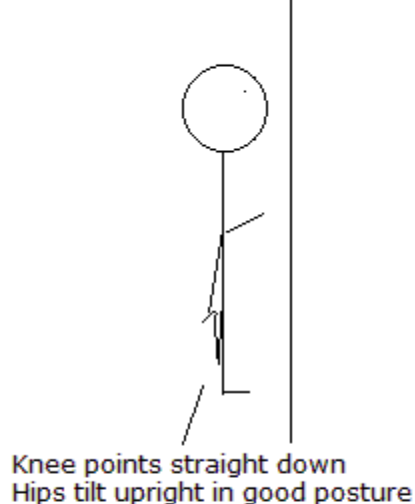
### Modified hurdler's stretch



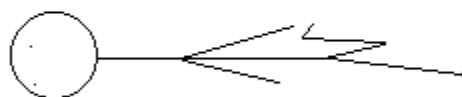
### Standing hamstring stretch



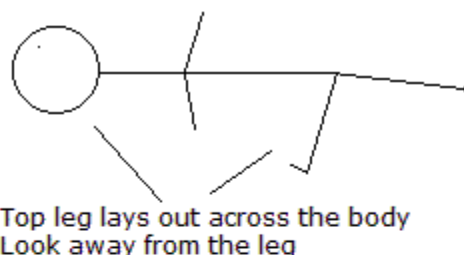
### Standing quadriceps stretch



### Lying quadriceps stretch



### Lying hip/back stretch



**All stretches:** Relax! Hold the positions for at least 20 seconds. Try to feel the muscles relax and let go.

**Achilles stretch:** Put front foot on a shallow incline or 1"-2" ledge. Rest completely on that foot, heel on the ground, relaxing the calf and ankle. Hold until the muscles start to relax of their own accord, at least 20 seconds.

**Standing/lying quadriceps stretch:** Bend leg and grab ankle. Point the knee straight down from your body and pull up on the ankle to stretch. Foot should be "flexed" (toes will also point down). Tilt the hips upright to incorporate postural muscles and increase the value of the stretch.

**Lying hip/back stretch:** Start in the same position as the lying quadriceps stretch, swinging the top leg across the body and turning the head to look the opposite direction. Spread the arms, keeping the upper back flat on the ground.

**Modified hurdler's stretch:** Seated with one leg straight and the other bent, lean forward towards the stretched leg. Face the entire body towards that leg and keep the back slightly arched.

**Standing hamstring stretch:** Standing with legs straight and slightly separated, lean forward as in the modified hurdler's stretch. Keep the back slightly arched and relax into this position. After some time, take a deep breath with the stomach, then let it out to relax into a deeper stretch.