

STRETCHES

FOR LEGS

WHILE STRETCHING:

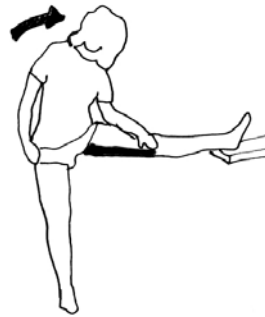
Stretch slowly without bouncing. Be sure to breathe slowly and deeply, allowing the stretch to deepen upon exhalation. Hold each stretch for 10-30 seconds. Release and repeat until you feel an ease in the targeted muscle group. Take time to stretch each day, especially before you exercise. Stretching has a cumulative effect over time, allowing greater flexibility and ease of movement. Enjoy feeling good in your own body!

PLEASE NOTE: These stretches are suggestions only. Please consult your health care provider before beginning any new stretching or exercise routines.

* DARKENED AREAS IN THE DRAWINGS REPRESENT THE MUSCLE GROUPS WHERE THE STRETCH SHOULD BE FELT.



1. With your foot upon a table or another surface, bend forward at the waist, stopping before you are uncomfortable. Hold and relax for 20 seconds. Repeat on the opposite leg.



2. Again, with your leg on a table, turn and bend to the side. Your arm can be raised and lean into the stretch as well, to get a stretch along your ribcage. Hold and breathe for 20 seconds. Repeat on the opposite leg.



3. While you are still at a table, face forward and bend at the knee. Lean into the stretch at your hips. You should feel a good stretch in your gluteus and hamstrings. Hold for 30 seconds. Repeat on the opposite side.



4. Holding onto a fixed object, bend your leg and hold it with the opposite hand. Keep your upper legs parallel to another. Pull further to find a deeper stretch. Hold for 20 seconds. Repeat on the opposite leg.

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RECOMMENDATIONS

client name: _____

date: _____

spa partisan: _____

suggestions: _____

notes: _____

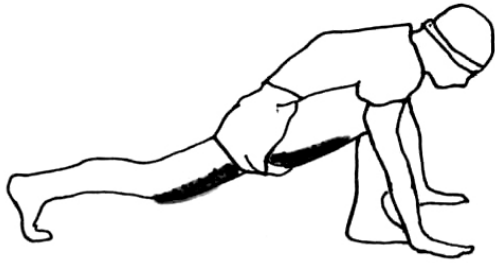
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5. Separate your legs and lean forward until the front knee is directly over the ankle. Keep your balance with your hands on the ground. Hold this stretch for 20 seconds, relax and breathe. Repeat on the opposite side.



6. Stand on the edge of a curb. Allow your ankle to descend below the drop-off, giving a good stretch to the achilles tendon and back of the lower leg. Hold for 20 seconds but do not bounce. Repeat on the opposite side.



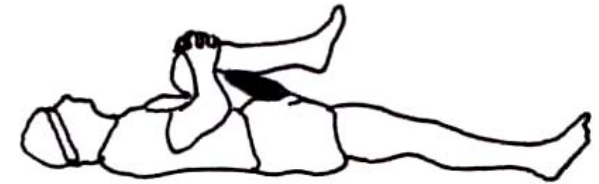
7. Sitting on the ground, stretch one leg out in front of you and bend the other. Bend over the extended leg and stretch toward your foot, as far as is comfortable. Breathe and hold for 30 seconds. Repeat on the opposite side.



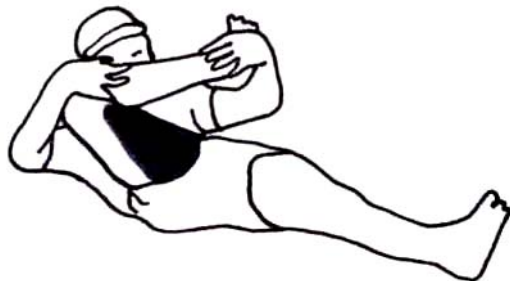
8. In a seated position with your legs stretched out in front of you, rest your ankle across the opposite knee. Lean slowly forward and hold for 20 seconds. Repeat on the opposite leg.



9. Sit with legs outstretched. Place your left foot on the other side of your straightened right leg. Twist your torso to the left and tuck your right elbow behind the knee. Breathe and gently twist on the exhale. Repeat on the opposite side. Straighten your left arm to support your back.



10. Lie on your back and hug your leg close to your chest. Breathe and relax, holding for 30 seconds. Repeat on the opposite side.



11. Hug your knee to your chest again, this time angling your foot towards the opposite hip and shoulder. Pull in gently and slowly until you feel a good stretch. Repeat on the opposite leg.



12. Lying on your back, bend your knee and place your opposite ankle across your knee. With hands clasped across your knee, slowly hug knee gently to your chest. Unfold and repeat on the opposite side.

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