

Leg Stretching Chart

Stretch	How to do it	Where you should feel it	Time
 Quadriceps	Stand upright, bring your heel toward your glute and hold your ankle.	 Front of the thigh	 20–30 sec per leg 2–4 repetitions
 Hamstrings	Lie on your back, raise one leg and gently bring it toward you.	 Back of the thigh	 20–30 sec per leg 2–4 repetitions
 Calves	Place your hands against a wall, step one foot back and lean your body forward.	 Calf	 20–30 sec per leg 2–4 repetitions
 Adductors	Sit down, bring the soles of your feet together and lean your upper body slightly forward.	 Inner thighs	 20–30 sec 2–4 repetitions
 Glutes	Lie on your back, cross one ankle over the opposite thigh, then gently draw the uncrossed thigh toward your chest.	 Glute of the crossed leg	 20–30 sec per side 2–4 repetitions

It's important to use proper technique and avoid overstretching.