STATIC PARTNER STRETCHES

LEG STRAIGHT BACK

LEG ACROSS

LEG OUT

KNEE TO CHEST

KNEE OVER

LEG OVER
STATIC PARTNER STRETCHES

FIGURE-4

LYING GROIN

QUAD PULL

SEATED GROIN

LEGS TOGETHER

HIP FLEXOR
STATIC PARTNER STRETCHES

SEATED HAMSTRING

PULL OVER

PULL ACROSS
STATIC PARTNER STRETCHES

ARM PULL BACK

ELBOW PULL BACK

ELBOW PUSH IN