#### **Static Stretch Routine**

http://video.kudda.com/clinic/How\_to\_Stretch\_Following\_a\_Workout

### Stationary Spiderman



Glute Crossover



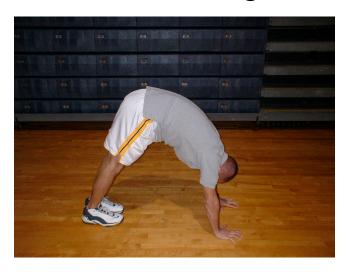
3 Position Hamstring



Lunge with Twist



## Downward Dog



Abdominals



Shoulders



Side Lying Quad



#### Foam Roller

#### Hamstring

http://video.kudda.com/clinic/Flexibility/Foam Roller Hamstring Insertion



Glute
<a href="http://video.kudda.com/clinic/Flexibility/Foam\_Roller\_Glute">http://video.kudda.com/clinic/Flexibility/Foam\_Roller\_Glute</a>



### **Hamstring Insertion Point**

http://video.kudda.com/clinic/Flexibility/ Foam Roller Hamstring Insertion



Glute Low Back Crossover



# Quad



 $\frac{Back}{\text{http://video.kudda.com/clinic/Flexibility/}}{\frac{Foam Roller Back}{}}$ 



IT Band



Posture



#### **Band Stretch**

Ankle Calf



Hamstring Bent Leg





Hamstring Straight Leg



## Groin



Quad & Hip Flexor



IT Band



Neck



# Shoulder & Lats

