

# Static Stretch Routine

[http://video.kudda.com/clinic/How\\_to\\_Stretch\\_Following\\_a\\_Workout](http://video.kudda.com/clinic/How_to_Stretch_Following_a_Workout)

## Stationary Spiderman



## 3 Position Hamstring



## Glute Crossover



## Lunge with Twist





Downward Dog



Shoulders



Abdominals



Side Lying Quad



# Foam Roller

## Hamstring

[http://video.kudda.com/clinic/Flexibility/Foam\\_Roller\\_Hamstring\\_Insertion](http://video.kudda.com/clinic/Flexibility/Foam_Roller_Hamstring_Insertion)



## Hamstring Insertion Point

[http://video.kudda.com/clinic/Flexibility/Foam\\_Roller\\_Hamstring\\_Insertion](http://video.kudda.com/clinic/Flexibility/Foam_Roller_Hamstring_Insertion)



## Glute

[http://video.kudda.com/clinic/Flexibility/Foam\\_Roller\\_Glute](http://video.kudda.com/clinic/Flexibility/Foam_Roller_Glute)



## Glute Low Back Crossover





# Quad



# IT Band



# Back

[http://video.kudda.com/clinic/Flexibility/Foam\\_Roller\\_Back](http://video.kudda.com/clinic/Flexibility/Foam_Roller_Back)



# Posture



# Band Stretch

Ankle



Calf



Hamstring Bent Leg



Hamstring Straight Leg





Groin



IT Band



Quad & Hip Flexor



Neck



## Shoulder & Lats

