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Knee Tendons, Single Leg

Stretching



Position:

Stand in front of platform, one leg on top

Posture:

Pull toes towards body, bend torso slightly forward, place hands on thighs

Muscles:

Back leg, seat, calf muscle

Variations:

Change sides, vary tension

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Knee Tendons

Stretching



- Position:** Stand "lengthwise" on the platform, upper body inclined forward, feet shoulder-width apart
- Posture:** Upper body inclined forward, hands crossed behind back, knees slightly flexed, back straight
- Muscles:** Rear of thigh, seat
- Variations:** Hands on rear of thigh, exercise a slight pulling force

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Stretching

Hip-Bending Muscles



- Position: Shin on platform, hook tip of foot over rear edge, ensure steady position
- Posture: Upper body upright, pull belly in, straight back, push pelvis forward
- Muscles: Thighs, hip-bending muscles
- Variations: Move upper body further back

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Calf Muscles

Stretching



- Position: Tip of foot in direction of movement, large step forward
- Posture: Stand upright, front leg bent, back leg stretched, press rear heel downwards
- Muscles: Heel, calf muscle
- Variations: Bend back leg slightly, heel remains in position.

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Inner Thigh

Stretching



- Position: Stand with platform on one side, place stretched leg close to column, bend other leg
- Posture: Upper body bent slightly forward, upper body straight, move seat slowly down towards floor
- Muscles: Adductors (inside of thigh)
- Variations: Change sides, vary tension

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Stretching

Shoulders



- Position: Stand facing away from platform, bands at end, band slightly beneath seat, legs slightly bent
- Posture: Back straight, left arm grasps opposite band behind back, right arm pulls head slightly to the left
- Muscles: Arms, shoulders, chest
- Variations: Change sides, vary tension

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Chest

Stretching



- Position: Sit with back to platform, hands grasp rear edge, knees bent, back does not contact platform
- Posture: Shoulders back, chest pushed forward
- Muscles: Press arms down towards platform, press upper body gently away from platform
- Variations: Grasp bands (attached to sides) well down towards platform