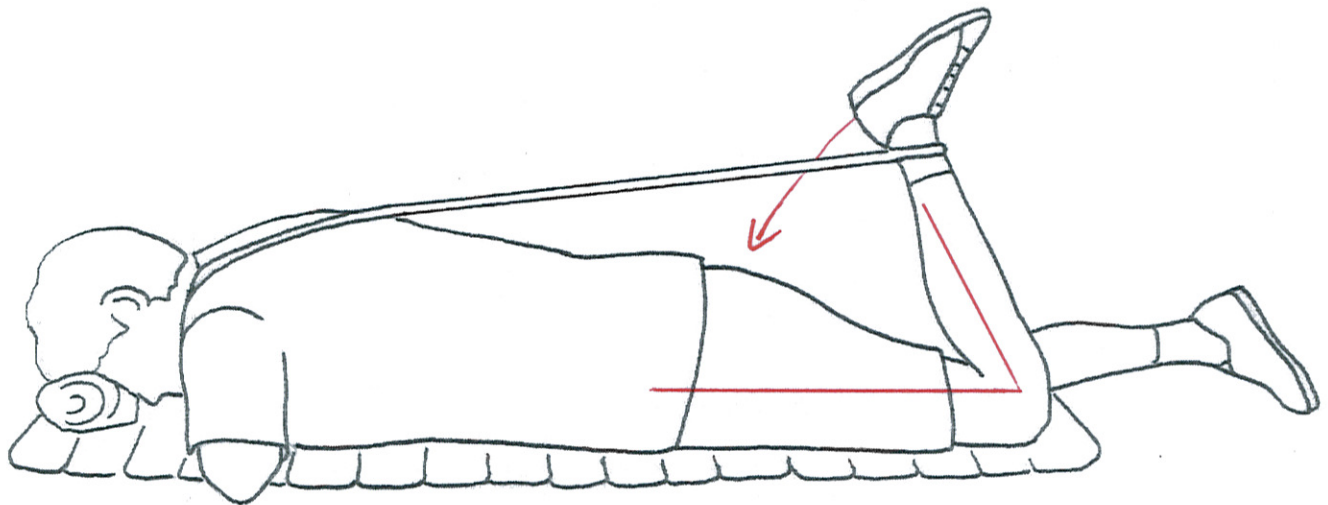
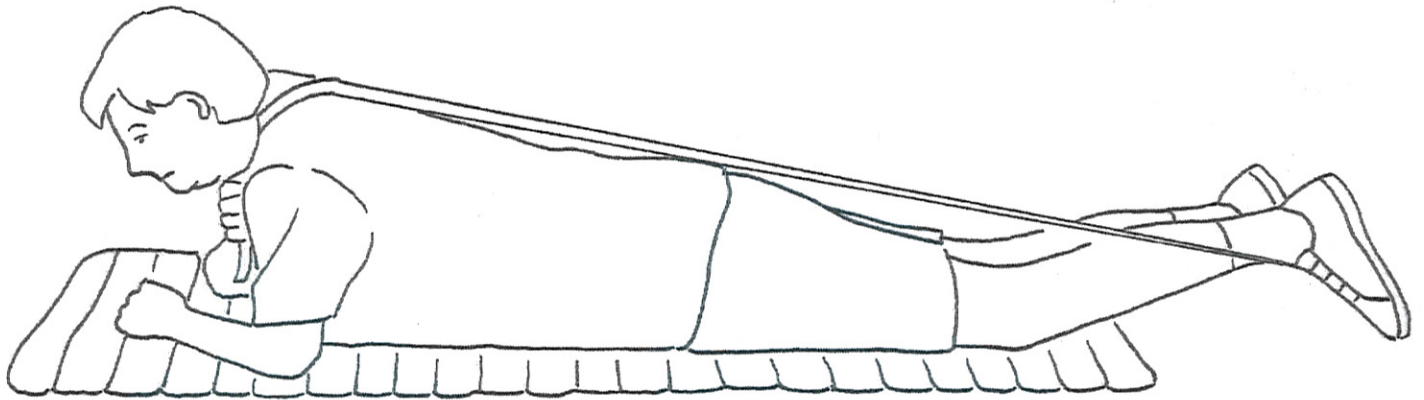


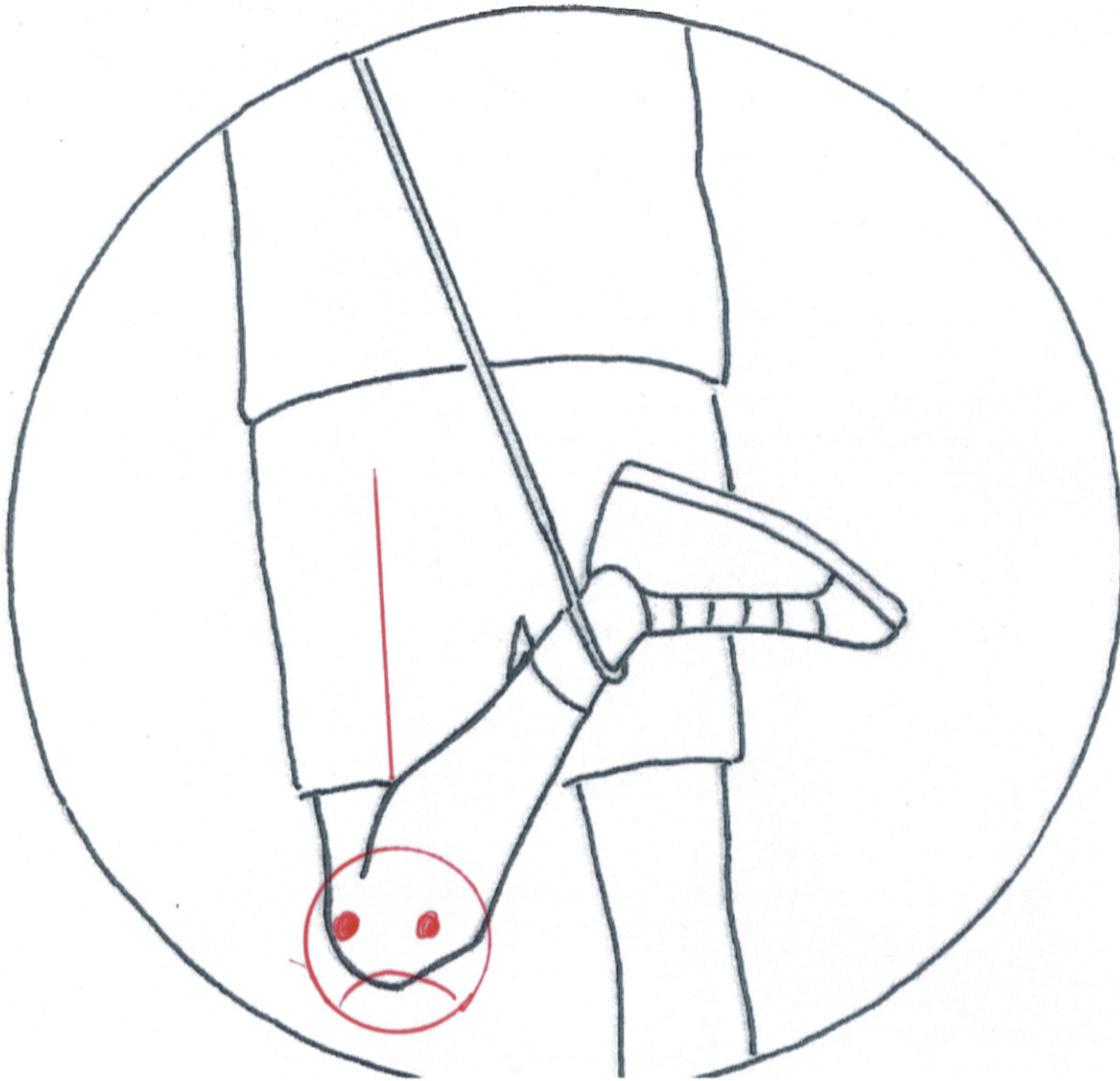
## Thigh Muscle Stretch



**Instructions:** Place a pet leash, (or any non-stretch fabric with a loop in the end) around one ankle. Lie on your tummy, and place the end of the leash over the shoulder on the same side. Let your head rest as you find comfortable. The object is to draw the heel toward the buttock on the same side. Bend the “tied” leg and pull the slack out of the leash. When you feel tension in the front of the thigh, hold the position for 30 secs. Ask someone to measure the distance between the heel and buttock. Repeat on opposite leg.

\*Valley Seniors Fitness Network-(902)-538-8616 Photocopy as you wish. Illustrator- Diane Baldwin

**Do Not allow Leg to Twist when stretching Thigh!**



**Instructions: Bird's Eye View**

**When using a leash to stretch the front thigh muscles, take care to pull the heel toward the buttock on the same side. If you pull your heel toward the buttock of the opposite side, you could twist your knee.**

\*Valley Seniors Fitness Network-(902)-538-8616 Photocopy as you wish. Illustrator- Diane Baldwin