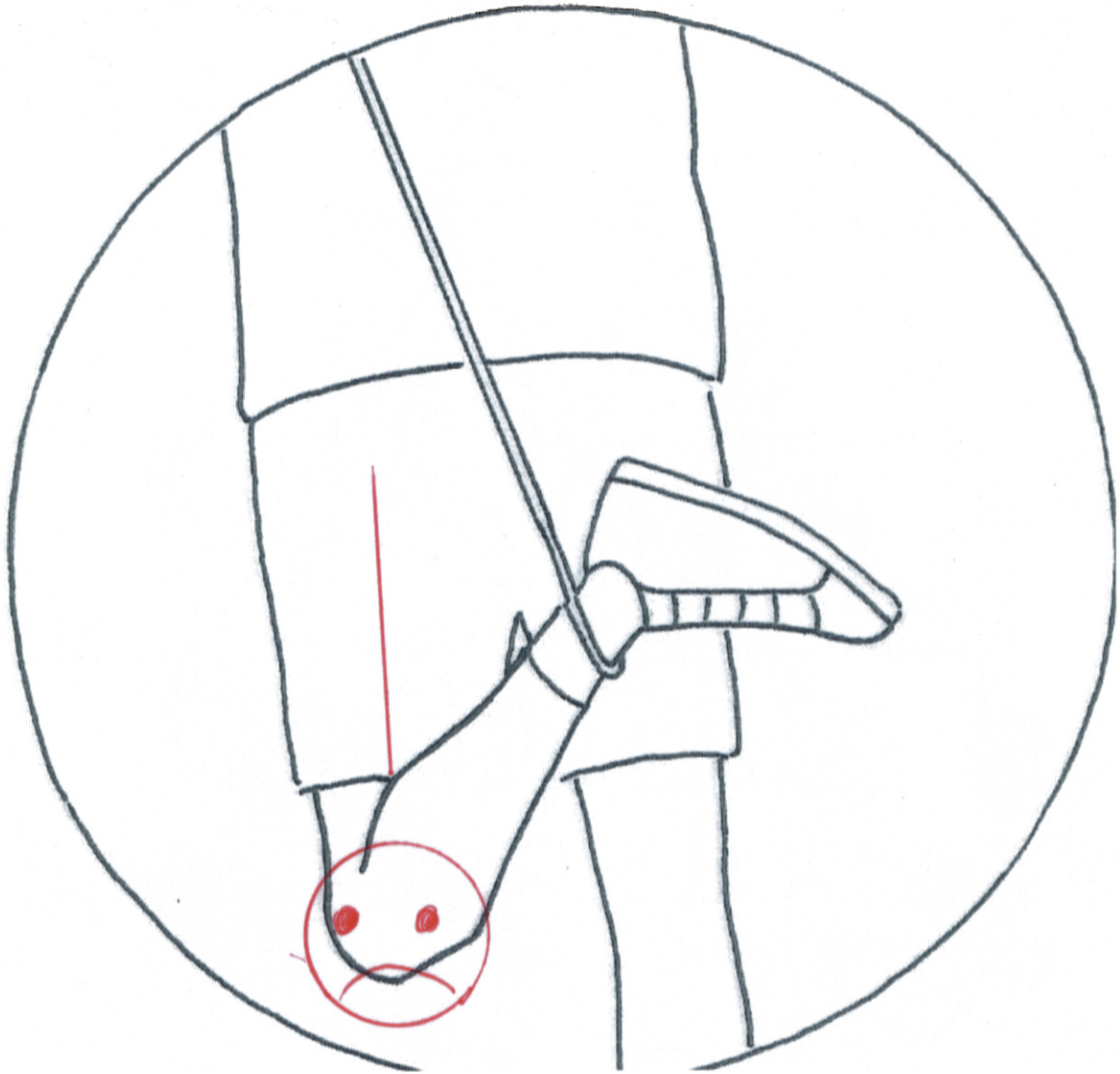


**Do Not allow Leg to Twist when stretching Thigh!**



**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