

Stretches for Hikers and Bushwalkers
lotsafreshair.com



Adductors 1.jpg



Gastrocnemius.pdf
(+towel under knee
for calves)



Gastrocnemius 2.pdf



Glut.Med&Min 1.pdf
Up + across



Hamstrings 1.pdf



Hamstrings 2.pdf



Iliopsoas 1.pdf



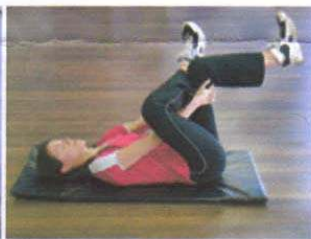
Iliopsoas 2.pdf



Iliopsoas 4.pdf



Lateral rotators 1.pdf



Medial rotators 1.pdf



QL&Lat.dorsi.pdf



QL&Lat.dorsi 2.pdf



Quadriceps.pdf



Quadriceps 2.pdf



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You should always consult the appropriate professionals on any matter that is related to your safety, fitness, health and well being before proceeding with any action.