

Lower Body Exercise Flowsheet

Date				
Trunk rotation (wipers)				
1. Core strengthening				
2. Clamshell				
3. Hip stretch				
4. C to J				
5. Knee extension				
Applied Relaxation				
6. Hamstring/step-up				
7. Squat				
8. Hip flexor stretch				
9. Hamstring stretch				
10. Calf stretch				

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