

AIRPLANE STRETCHES: LOWER BODY



HEEL RAISES

Starting on the balls of your feet, raise your heels off the ground 15 times.



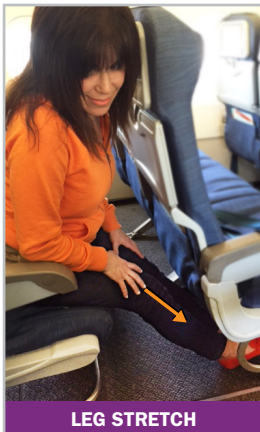
TOE RAISES

Starting with heels on the floor, flex your foot and raise your toes upward 15 times.



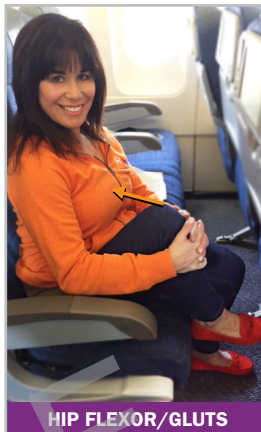
ANKLE CIRCLES

Draw the shape of a circle with one foot 5 times. Then draw circles in the other direction 5 times. Repeat the sequence with the other foot.



LEG STRETCH

Extend legs straight in front as far as you are able. Flex foot upward and lean forward. Hold stretch for 15 seconds.



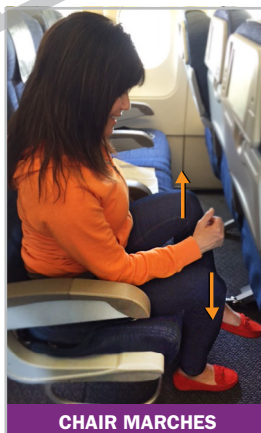
HIP FLEXOR/GLUTS

Bend one knee and lift leg toward chest as far as you are able. Hold stretch for 15 seconds. Lower leg and repeat stretch with other leg.



KNEE EXTENSIONS

Extend one leg in front as far as you are able. Bending leg at the knee, lift and lower leg 15 times. Repeat with other leg 15 times.



CHAIR MARCHES

Sit upright. Tighten abdominal muscles and gently move your arms & legs as if you are marching. Raise knees as high as you are able. Do 20 marches.

All exercises are done at your own risk

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