**EXERCISE INSTRUCTION**
- Hold selected movement(s) for 10-30 seconds.
- Perform 1-3 sets of each selected movement.
- Complete each movement for an equal amount of time with each leg.
- Perform each movement in a slow and controlled manner.

- Apply a comfortable amount of stretch without causing discomfort.
- Avoid holding breath and tensing muscles while performing movements.
- Perform each movement a minimum of 3 times per week.
- Movements may be performed daily if desired.

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