


SAR -flexibility:

Optimal stride & posterior chain function

1. Perform the exercises every day for 30 days
2. After 30 days, continue to do the exercises 2-3 x week and as a warm-up for hiking/walking/searching

<p>Posterior chain flexibility test *</p>  <ul style="list-style-type: none"> - watch the video (link) for test and inchworm 1 & 2 instructions - measure & document result 	<p>Post. chain flexibility: Inchworm 1</p>  <ul style="list-style-type: none"> -arms & legs straight throughout -walk the feet in and back out x 3 -drive the armpits towards toes 	<p>Post. chain flexibility: Inchworm 2</p>  <ul style="list-style-type: none"> -arms & legs straight throughout -walk the hands in and out x 3
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<p>Active stride length test *</p>  <ul style="list-style-type: none"> - watch the video for test and active stride 1 & 2 instructions - measure & document result 	<p>Active stride length flexibility 1A</p>  <ul style="list-style-type: none"> -trail foot straight forward and heel down -reach up and back with arms 	<p>Active stride length flexibility 1B</p>  <ul style="list-style-type: none"> -reach down and back with arms -trail foot heel down
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<p>Hip, quad and hamstring stretch*</p>  <ul style="list-style-type: none"> - watch the video for instructions 	<p>Ankle mobility & back stretch*</p>  <ul style="list-style-type: none"> -watch the video for instructions 	<p>Dynamic calf and hip stretch*</p>  <ul style="list-style-type: none"> - watch the video for instructions
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*Hyperlink to video instructions