

Stretching FOR WALKERS ROUTINE PREGNANCY



Calf wall stretches

It can help address the most common complaint of all walkers – calf soreness.



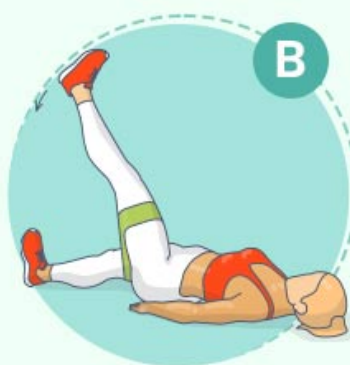
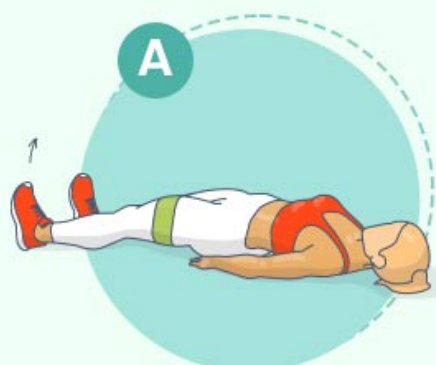
Standing quad stretch

It helps improve flexibility and relieves muscle soreness.



Forward fold

It helps strengthen the hips, calves, thighs, knees, and abdominal muscles.



Resistance band hamstring stretch

It helps improve flexibility and relieves muscle soreness.



Hamstring stretch

It helps strengthen the thighs, relieves leg pain, and reduces back pain.