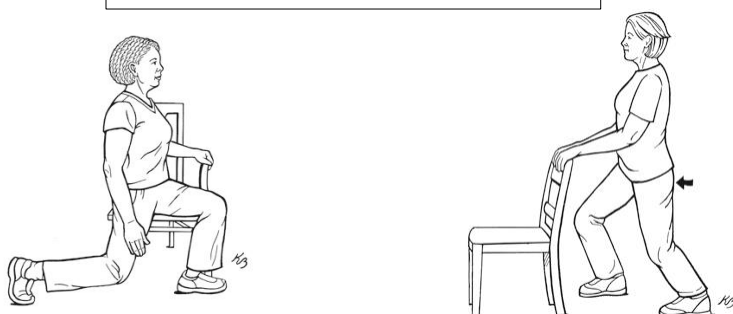


The 5-Step Basic Walking Pattern and Stretches

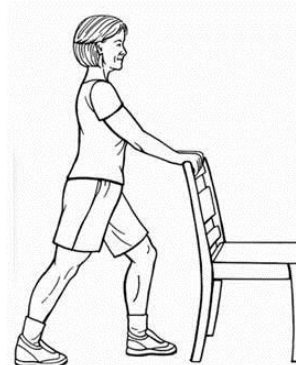
1. Warm up: Start walking slowly.
2. Gently stretch.

a. Hip Flexor Stretch

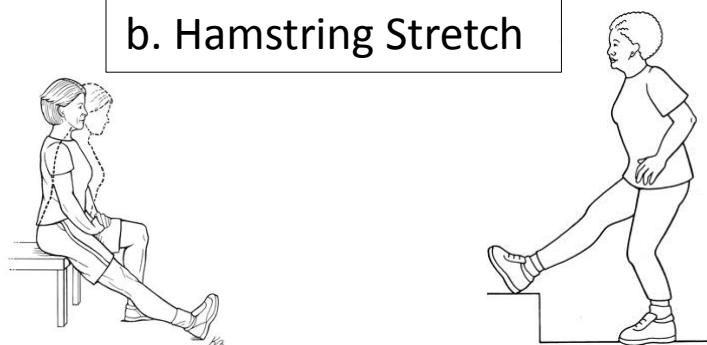


Seated or Standing

c. Straight-leg calf Stretch



b. Hamstring Stretch



Seated or Standing

d. Iliotibial-band Stretch



3. Start walking and speed up.
4. Cool down.
5. Gently stretch again.