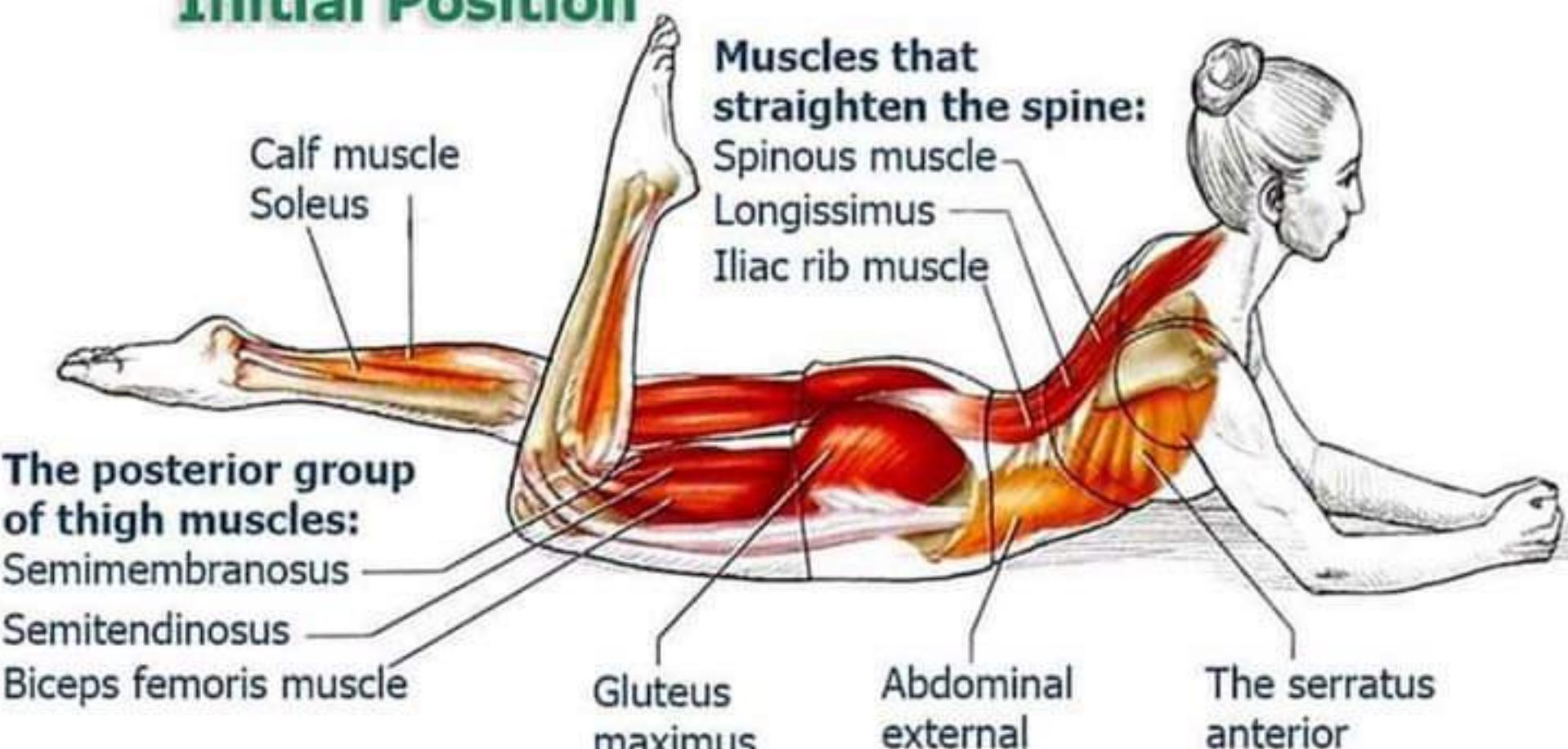


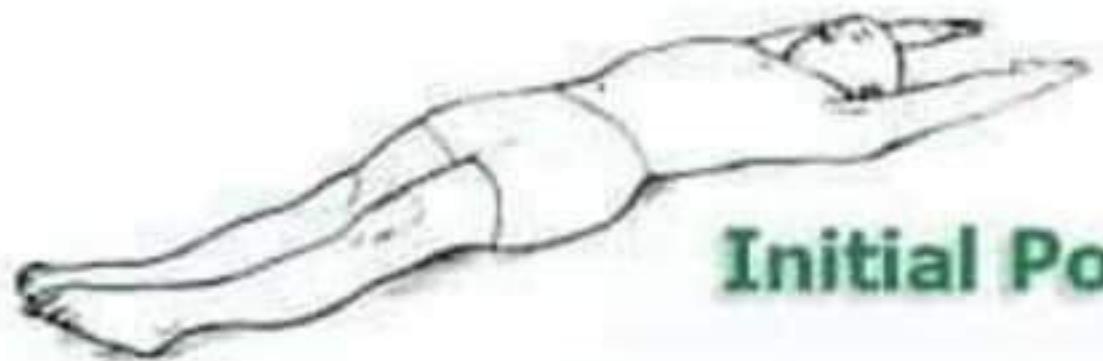
## Initial Position



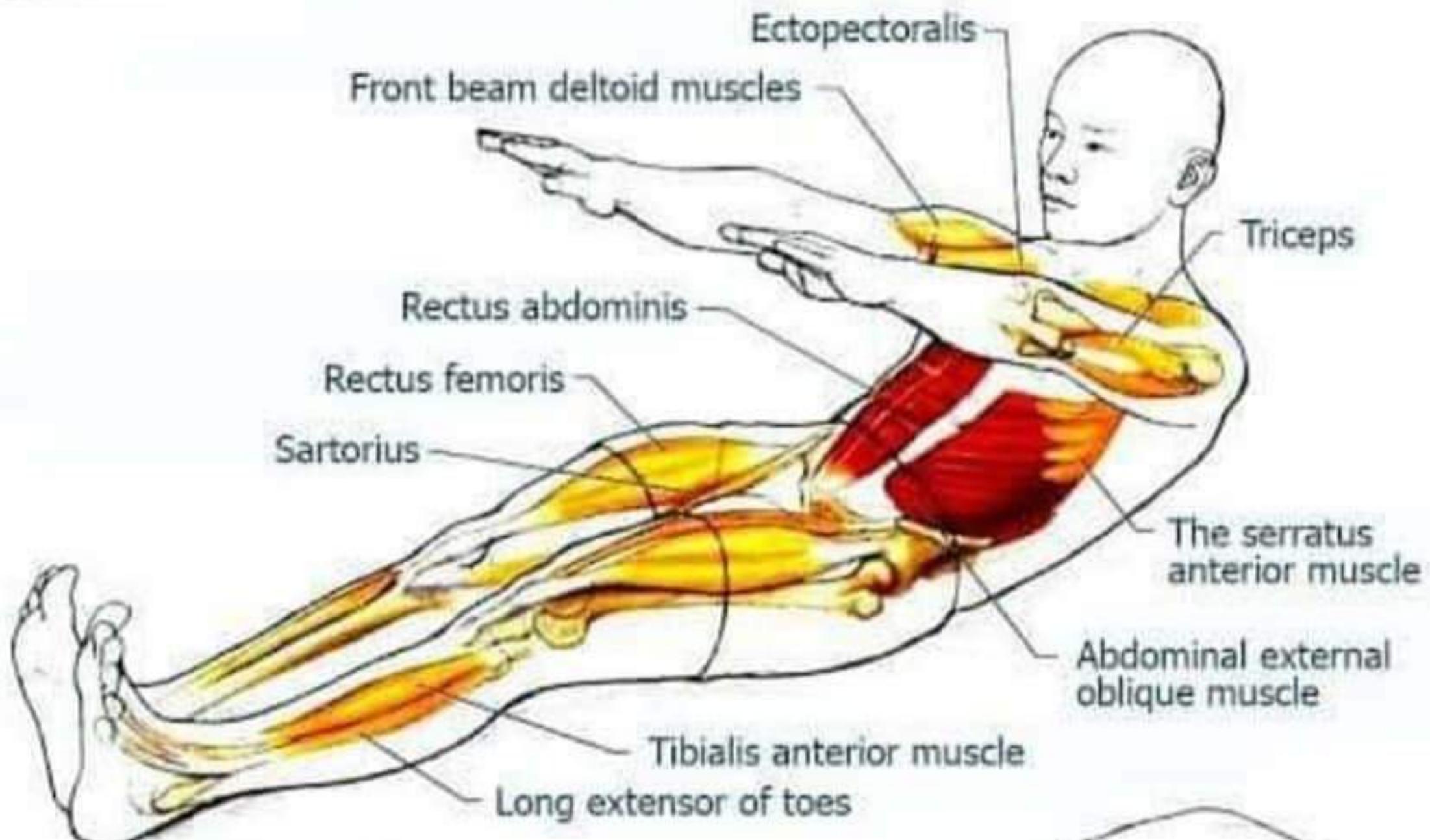
## Intended position



## Leg rotation



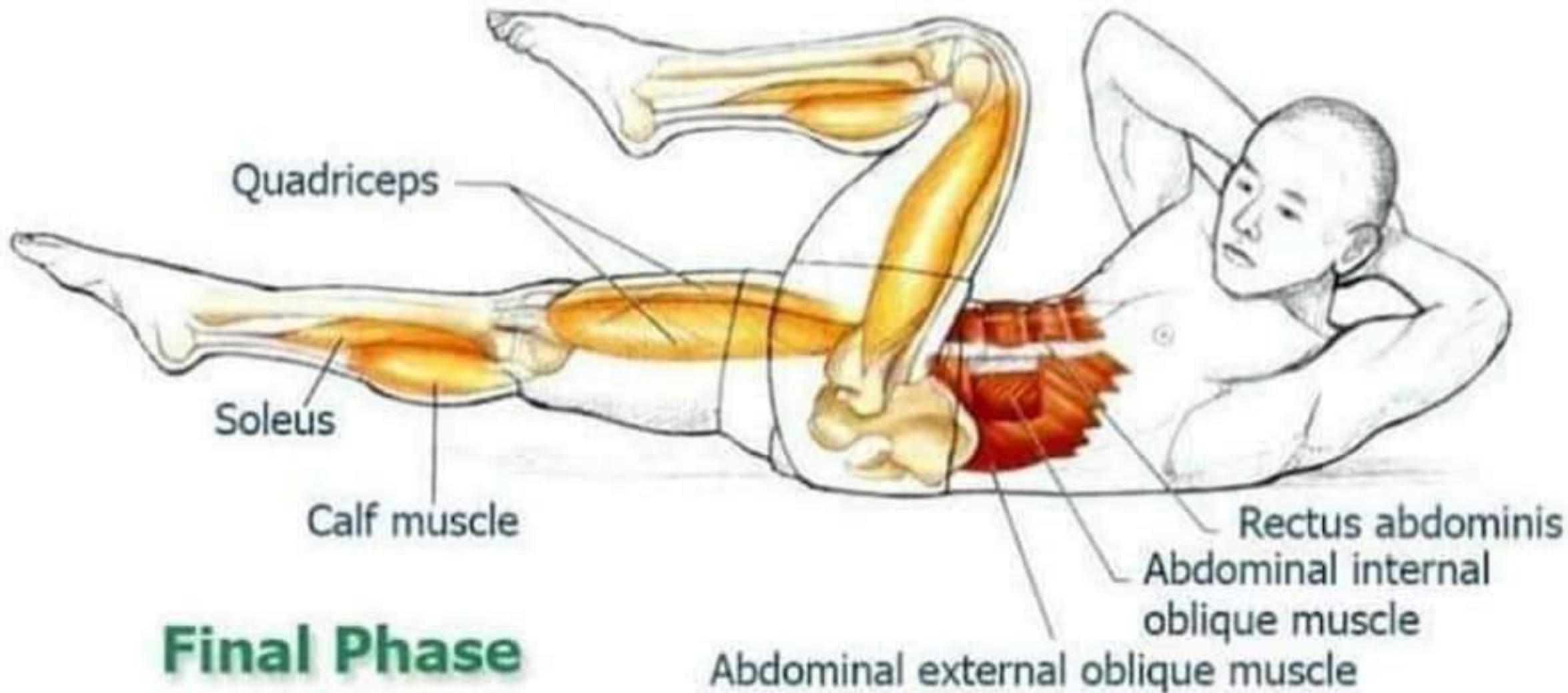
## Initial Position

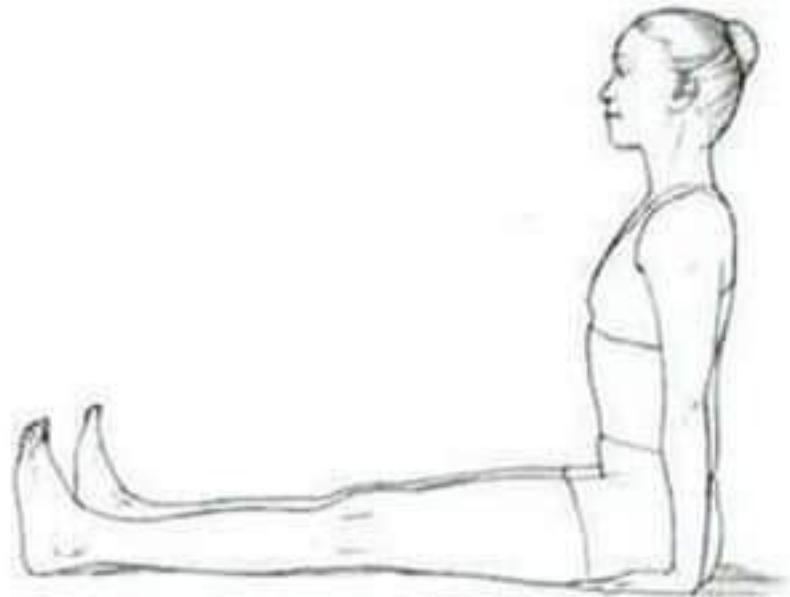


## Phase 2

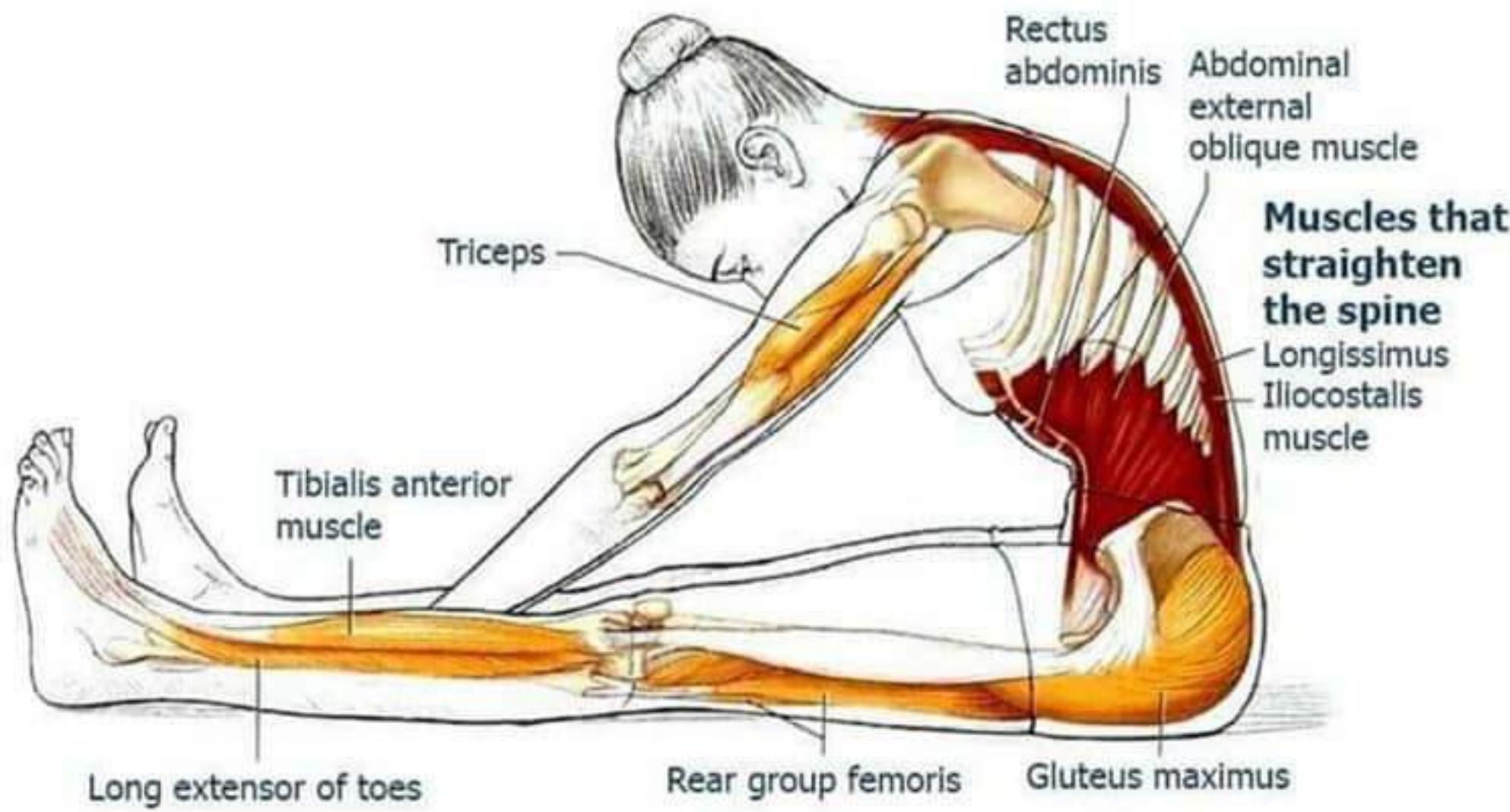


## Phase 3





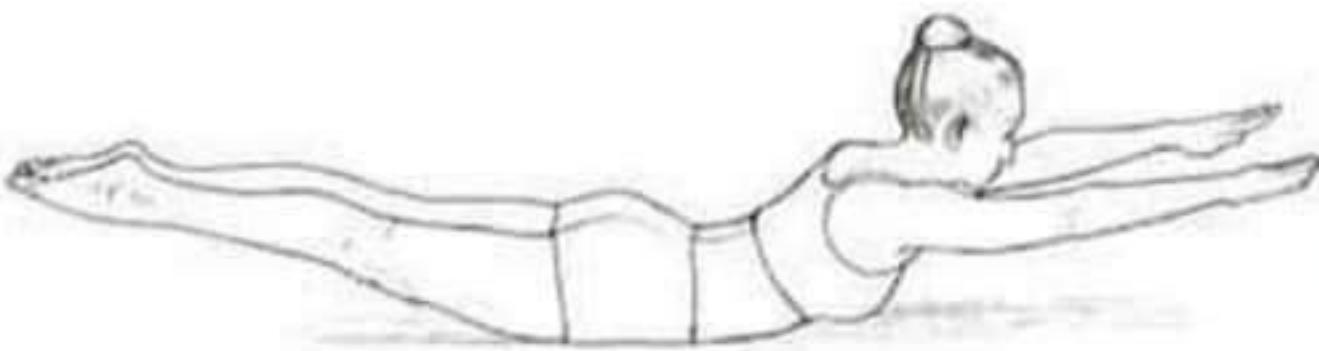
### Initial Position



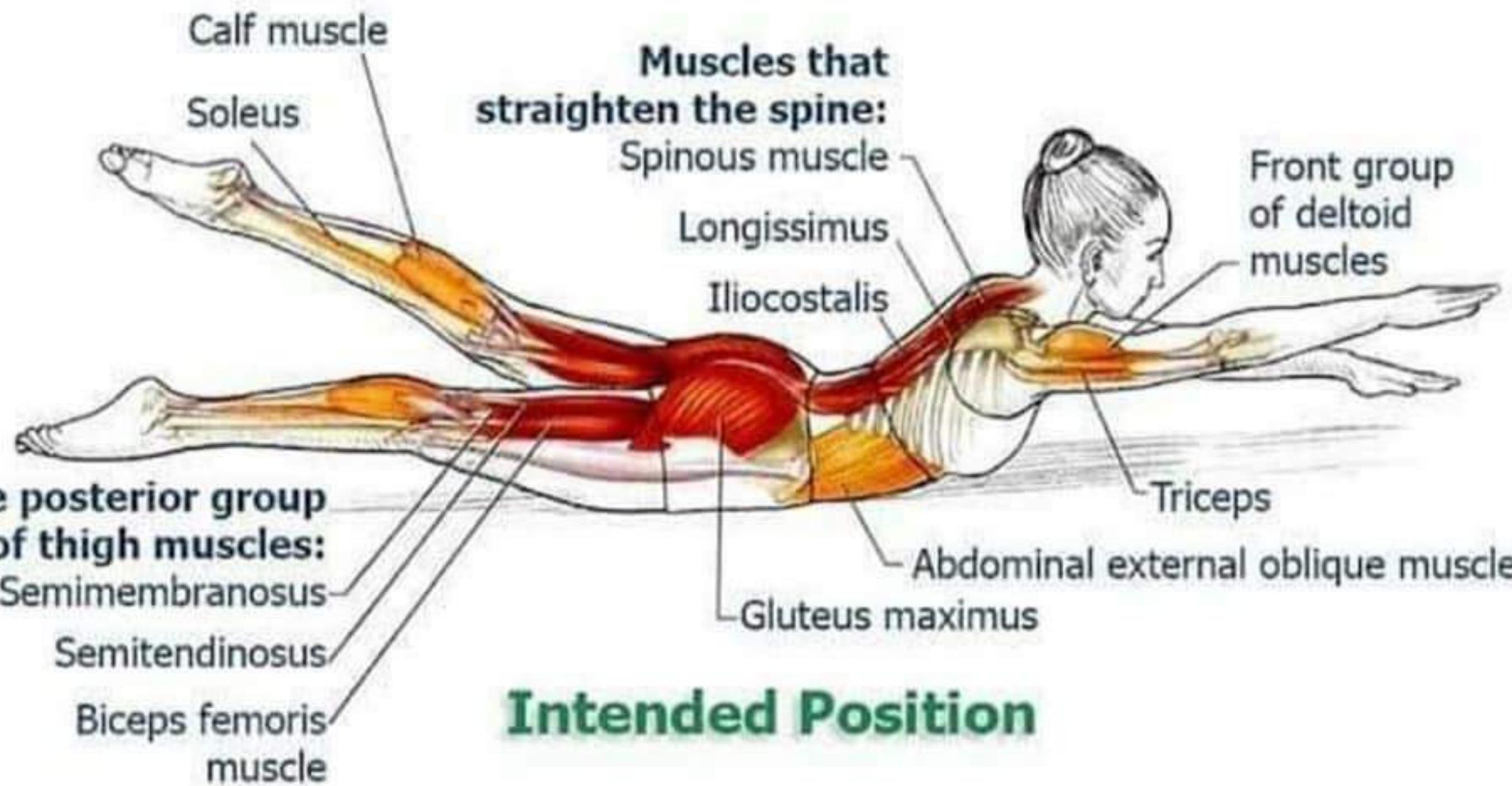
### Start of stretch



### End of stretch



## Initial Position



## Intended Position



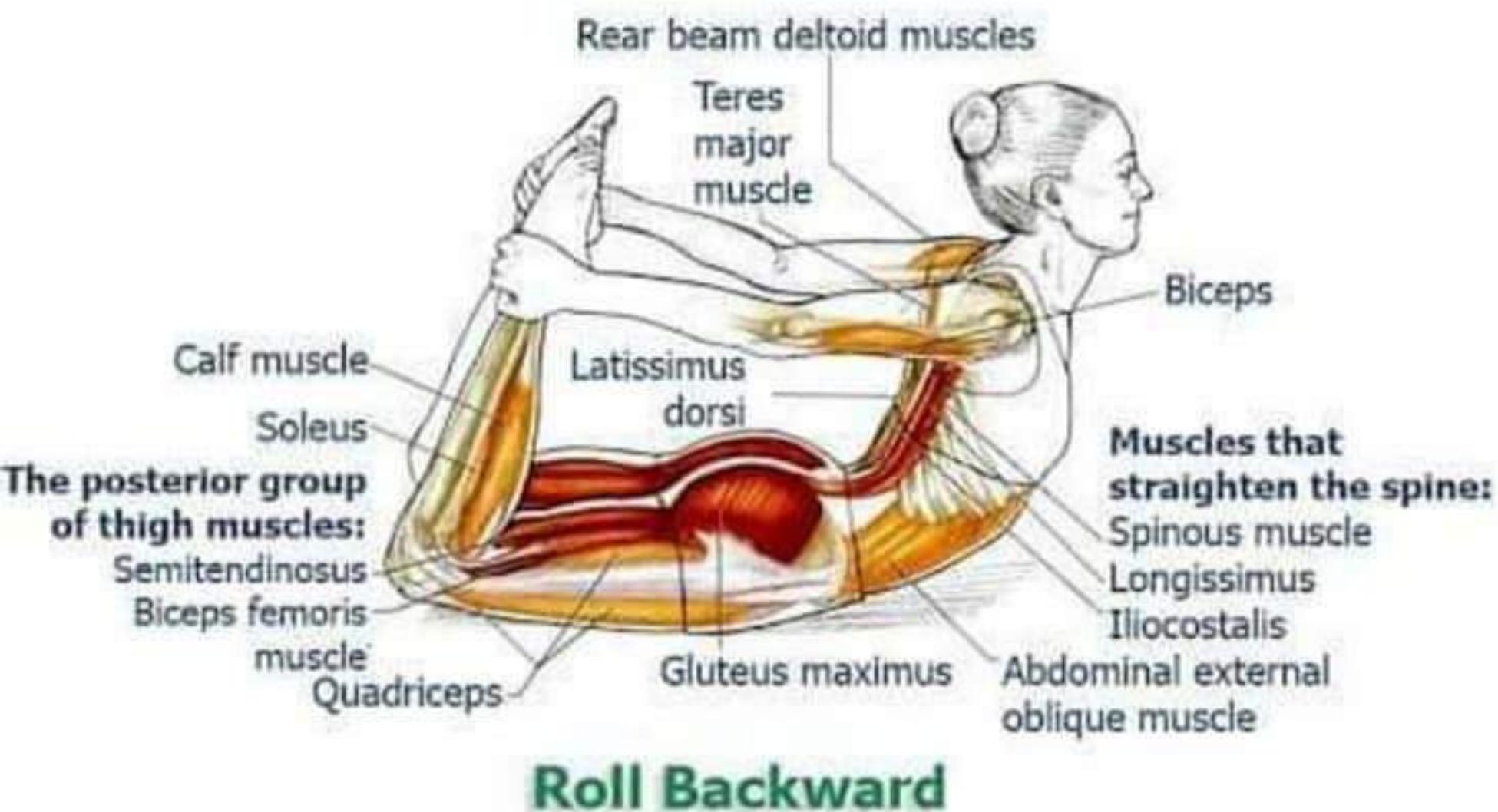
**Initial Position**



**Intended Position**



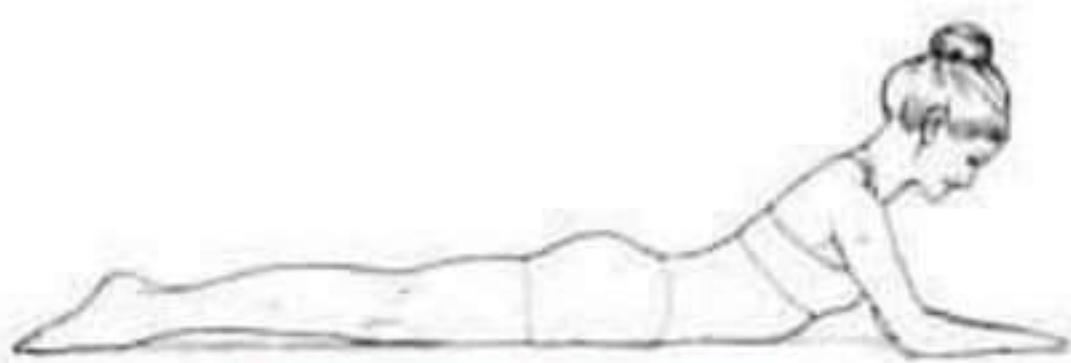
**Roll Forward**



**The posterior group  
of thigh muscles:**

Semitendinosus  
Biceps femoris  
muscle  
Quadriceps

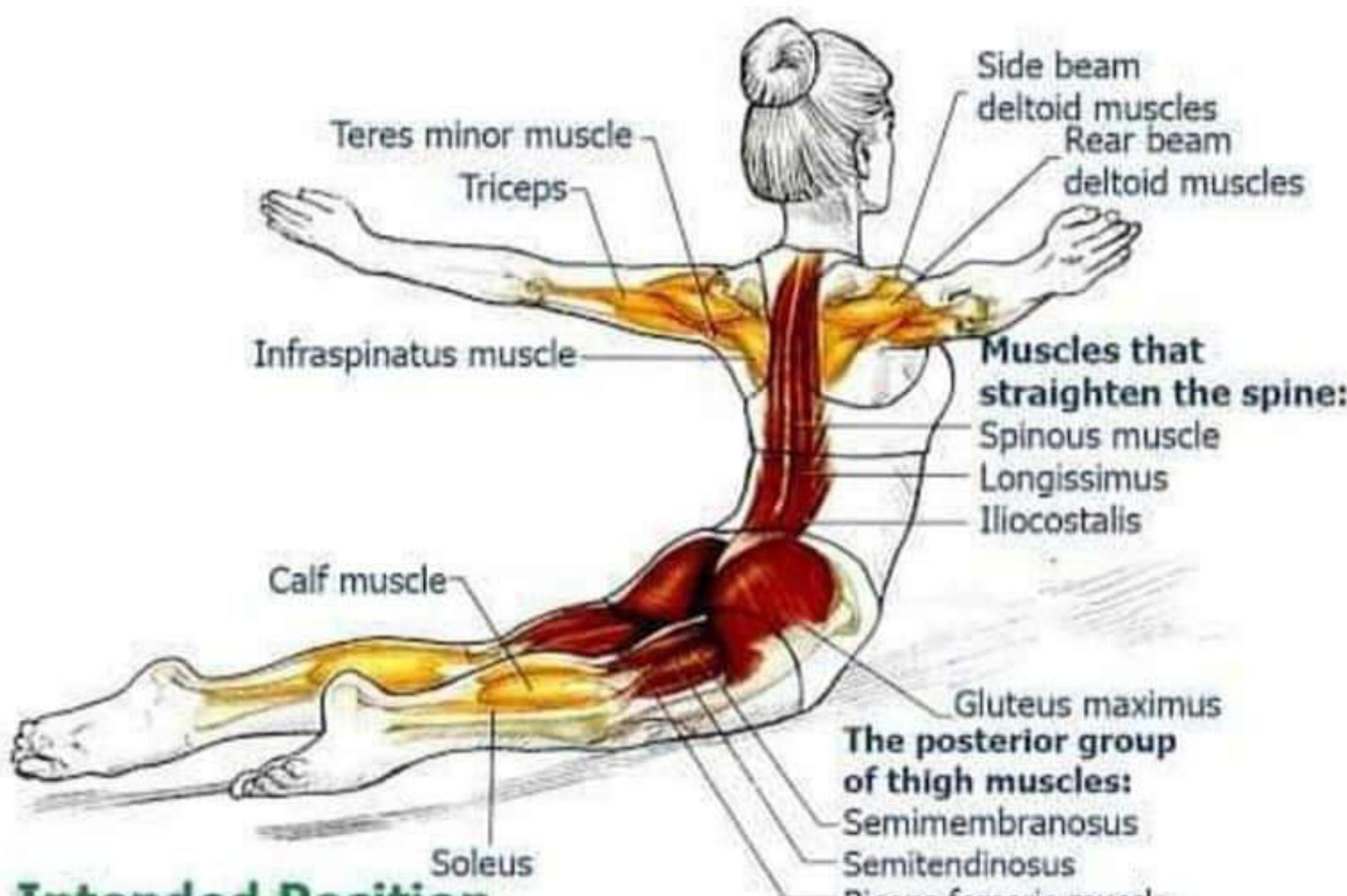
**Roll Backward**



**Initial Position**

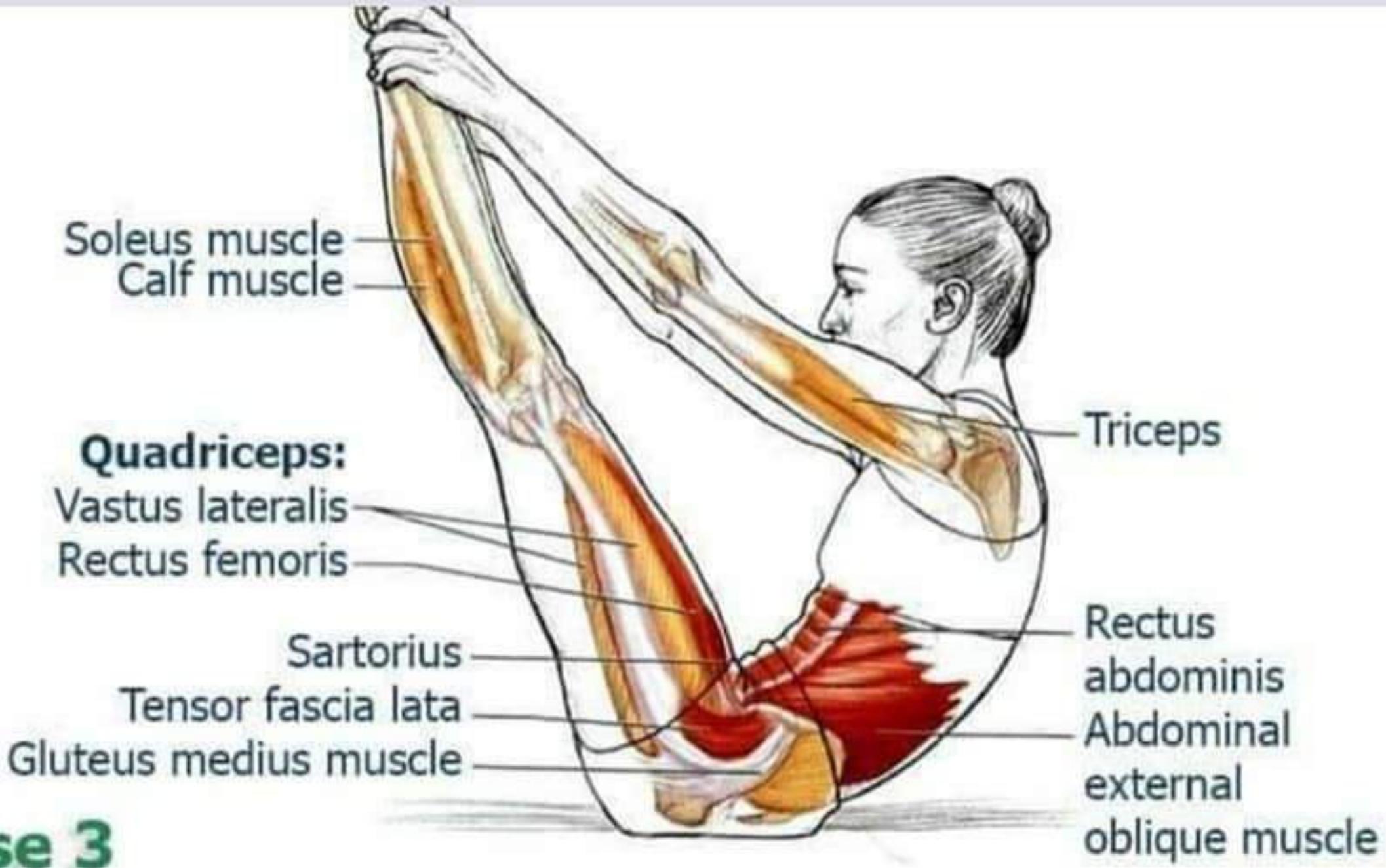


**Intended Position**



**Intended Position  
(side view)**

**Roll Forward**

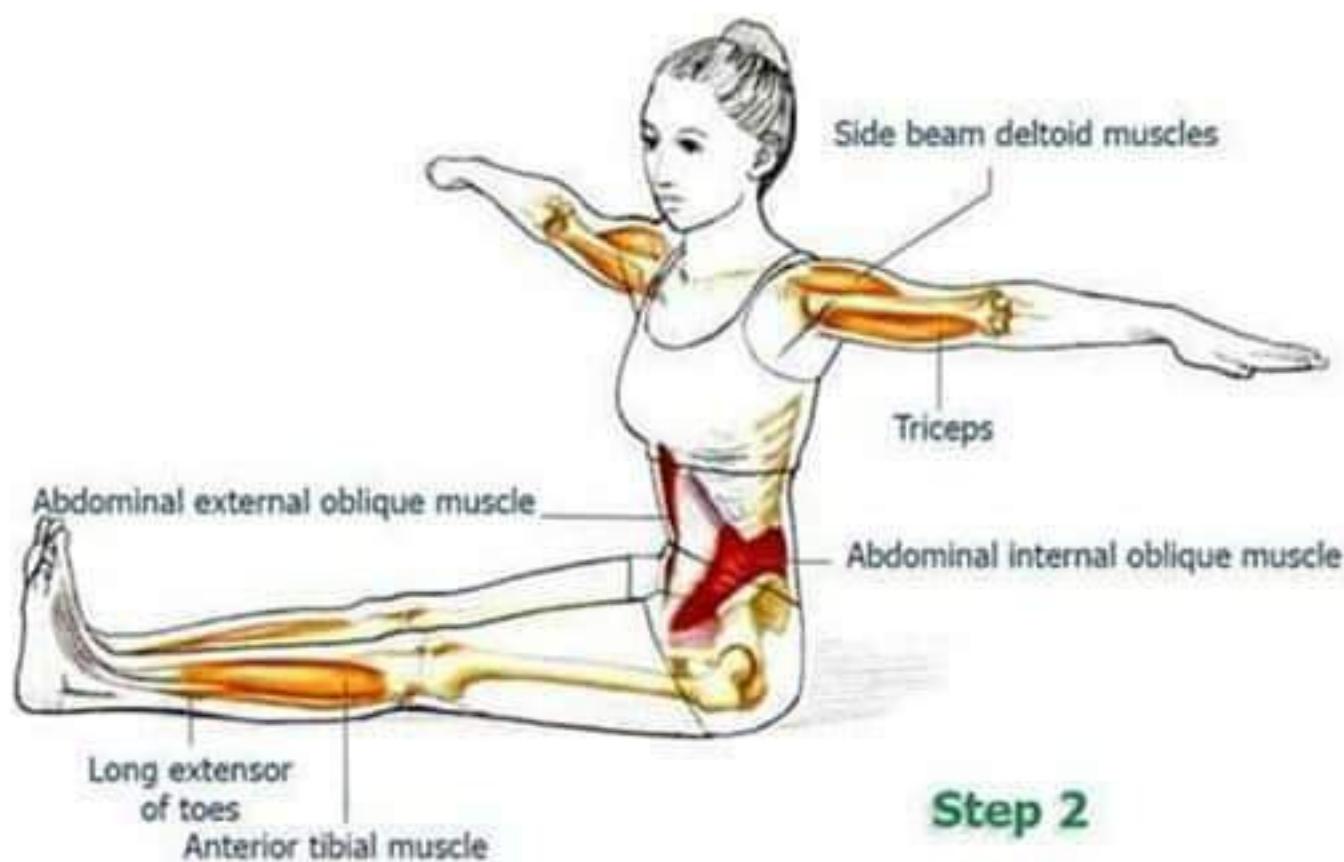


**Phase 3**

# Spinal Twist



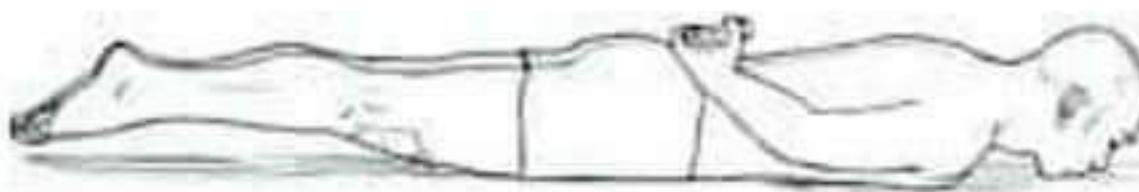
Initial Position



Step 2



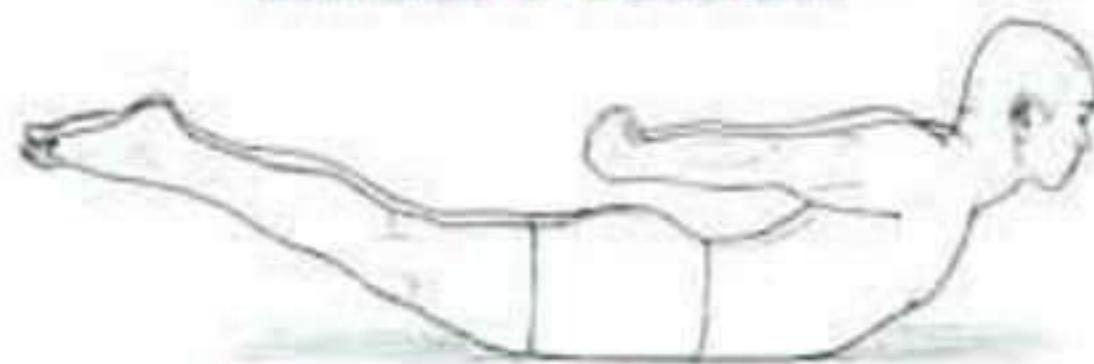
Spinal extensors acting as rotators



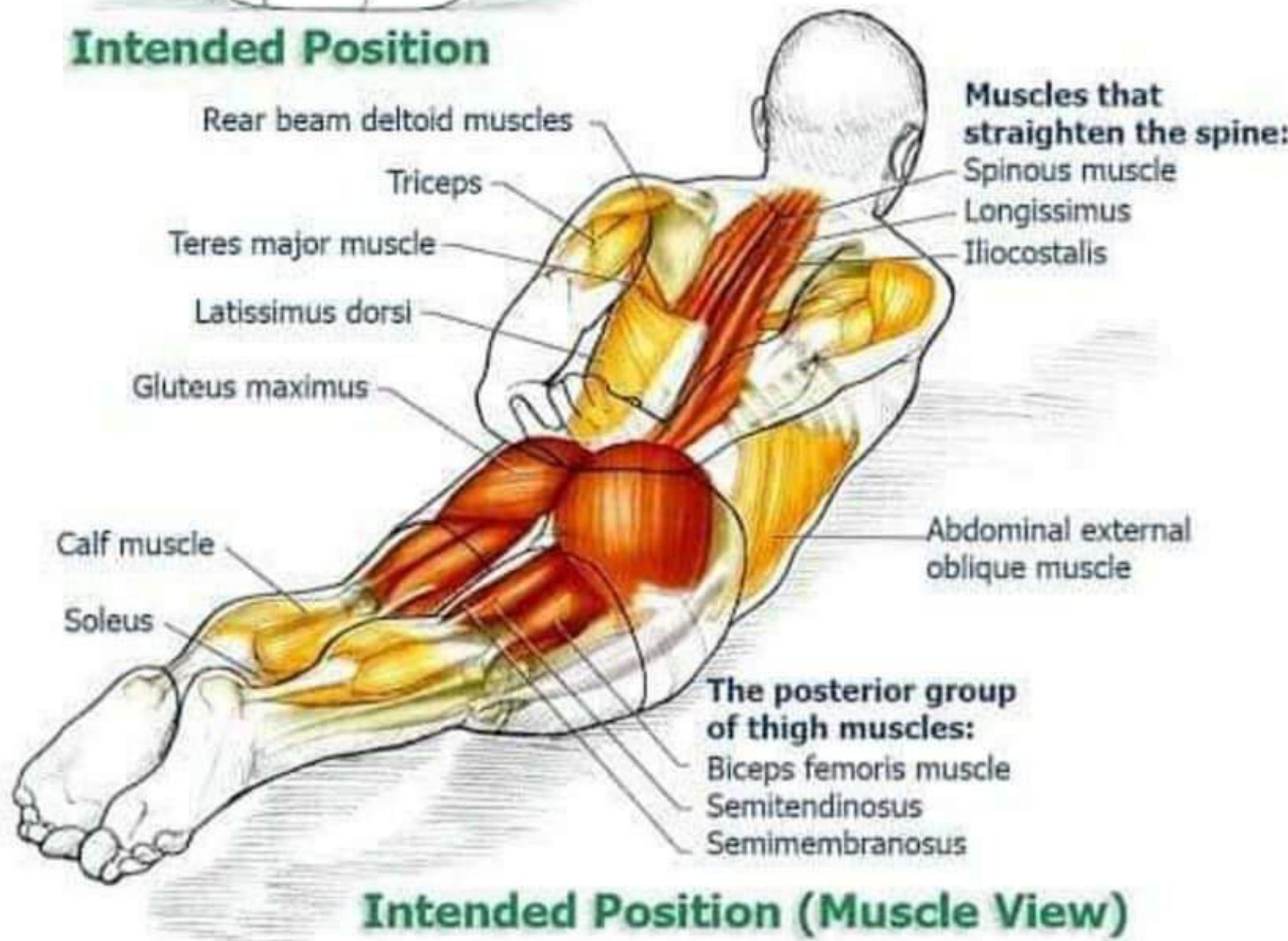
**Initial Position**



**Intermediate Position**



**Intended Position**



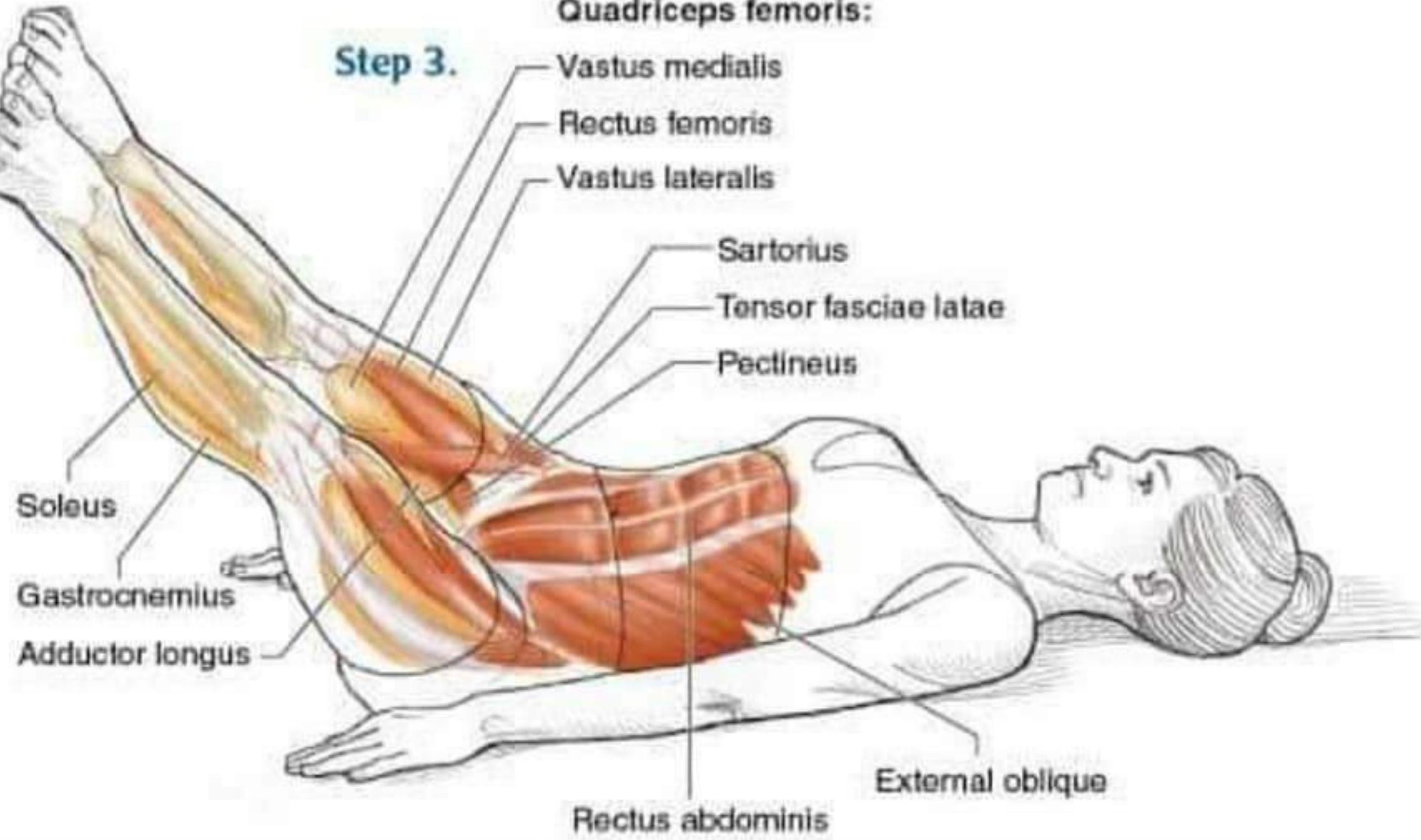
**Start position.**

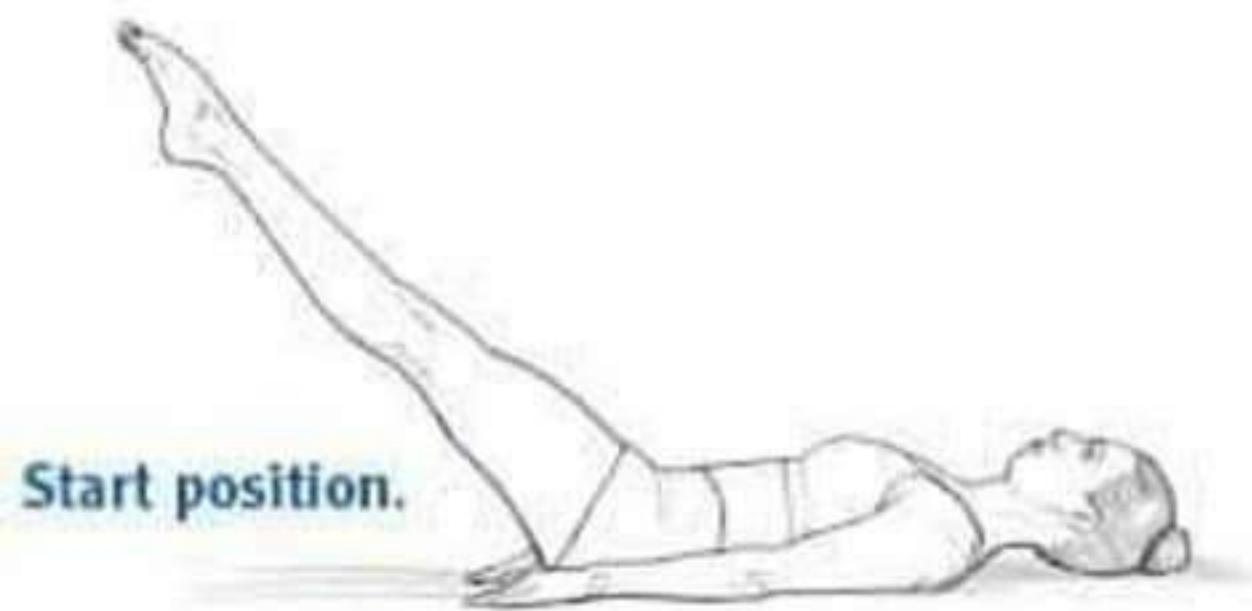


**Step 2.**

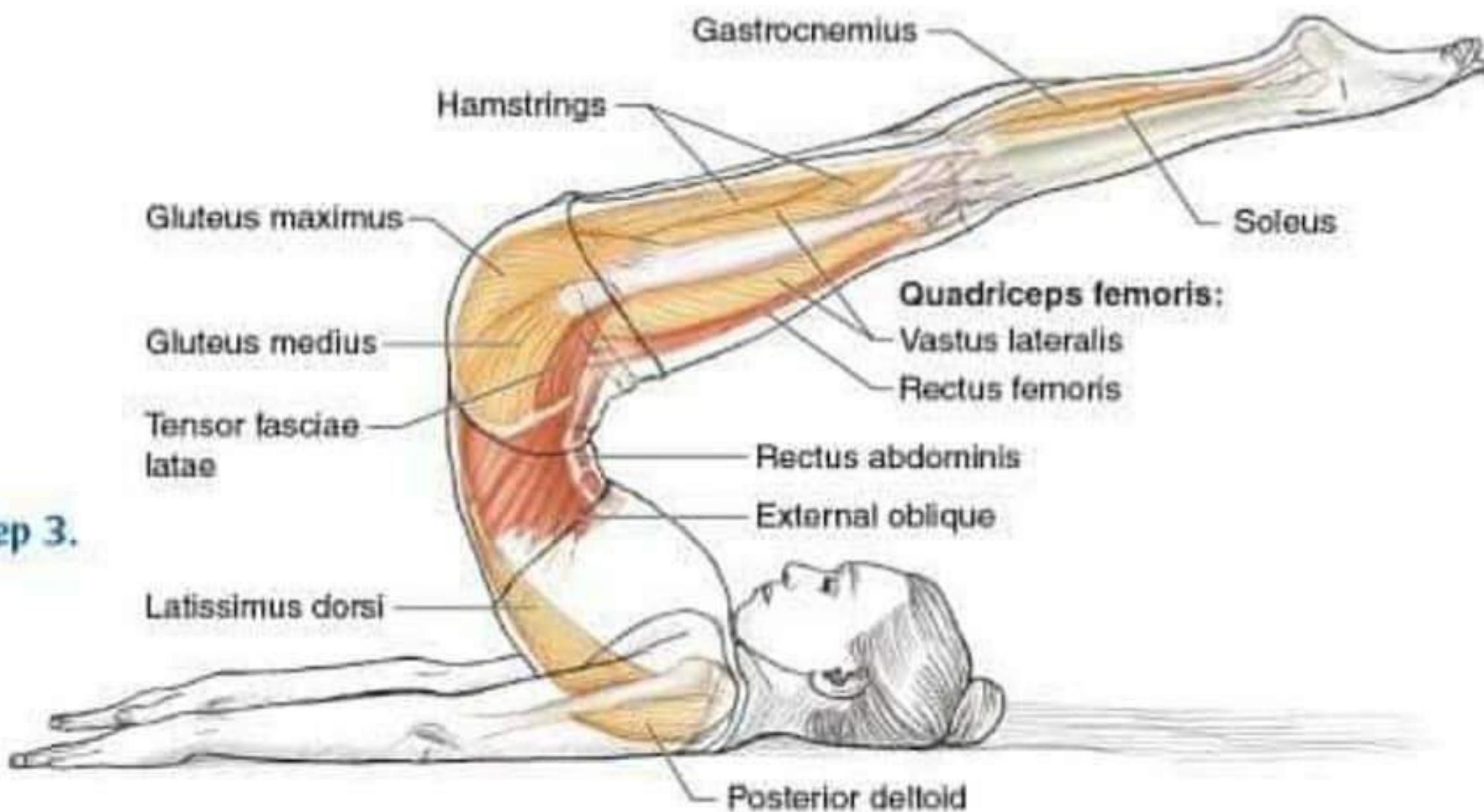


**Step 3.** **Quadriceps femoris:**





Start position.



Step 3.



Step 4.

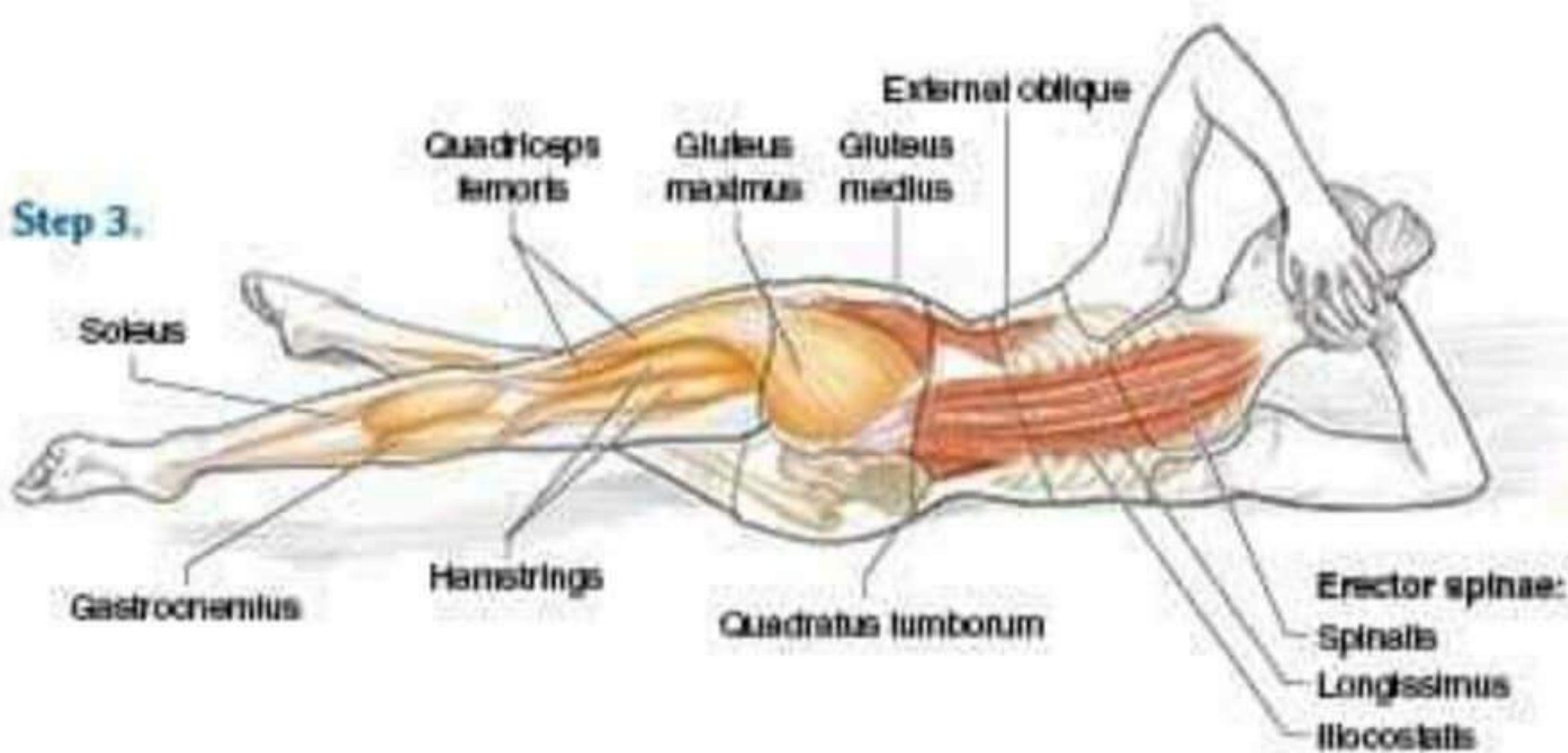
**Start position.**



**Step 2.**

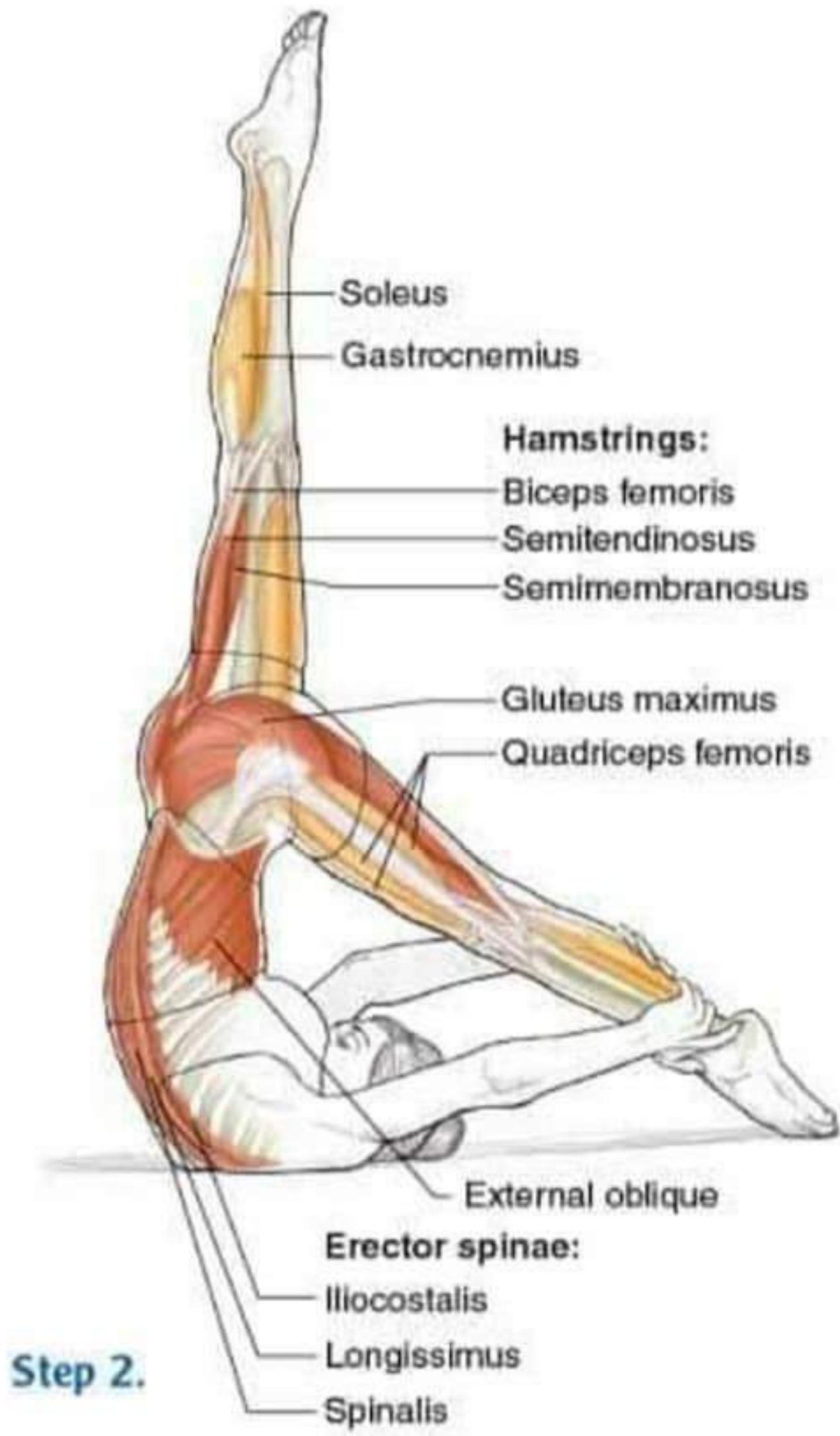


**Step 3.**

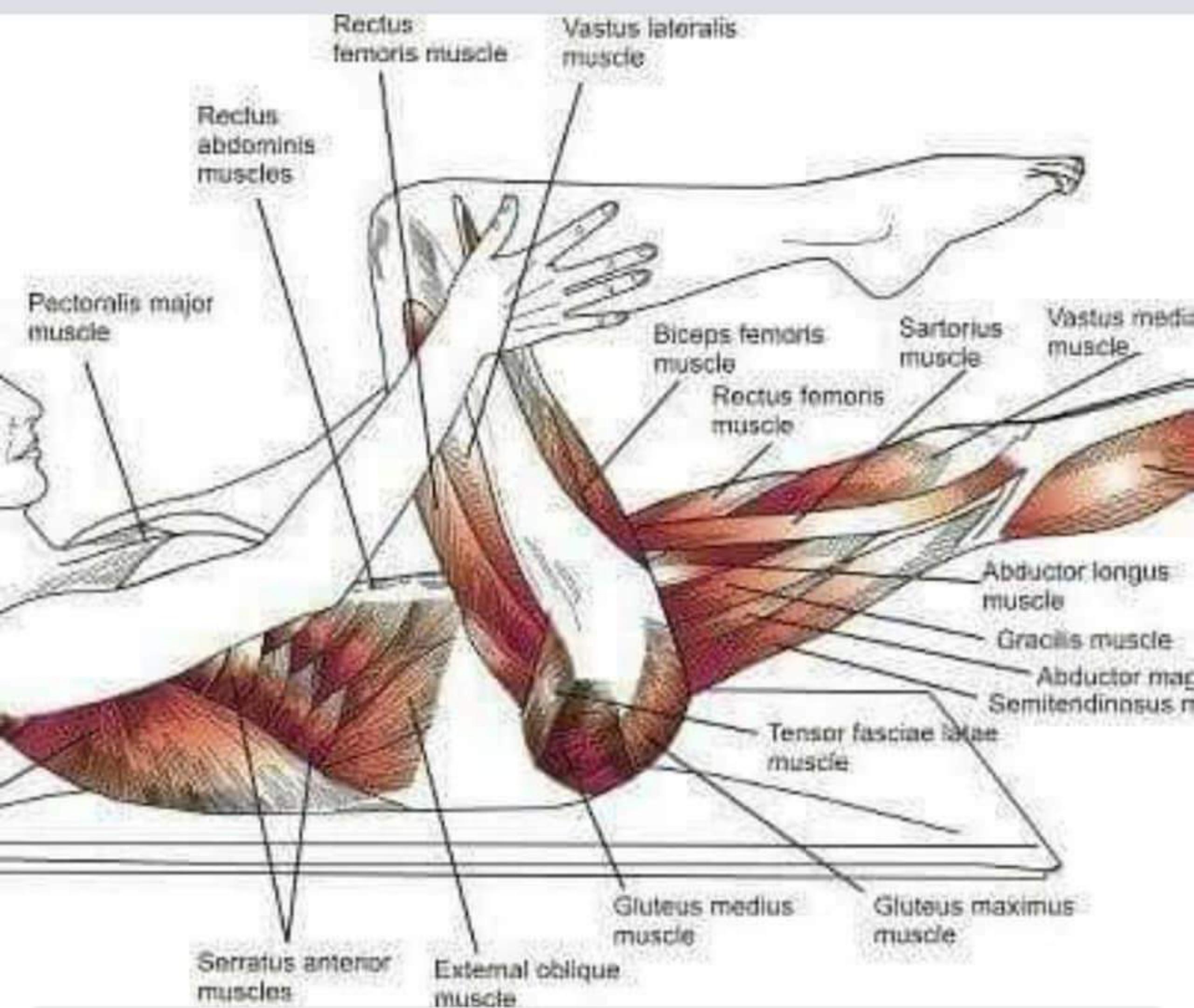




**Start position.**



**Step 2.**



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