

## DAY 2:

If you're sore, take a hot bath... epsom salts is shown to help, as it increases blood flow. If you are NOT sore, do this:

**20 front leg swings** on both legs (progressively getting higher and higher WITHOUT TAXING YOUR HAMSTRING)

**20 front KICKS** progressively getting as high as you can go, BUT TAKING YOUR TIME TO GET THERE.

Don't be in a rush... go nice and slow. It makes no sense to damage your muscles when we're trying to politely and gently reprogram your brains "acceptable range of motion".

For more information about what this is doing for you, read "Stretching Scientifically" by Thomas Kurz... or just read some of his articles on the internet.