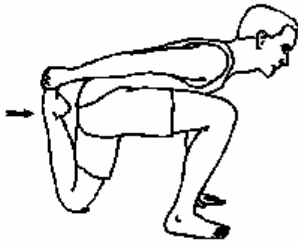


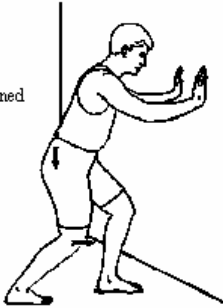
UPPER LEG - 4 Quadriceps



Holding left foot with right hand, pull foot toward buttocks until stretch is felt. Hold ____ seconds. Repeat with other hand and foot.

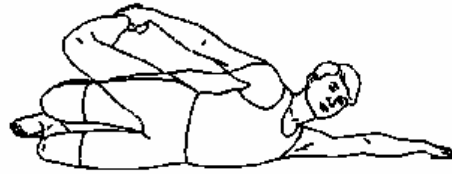
Repeat ____ times. Do ____ sessions per day.

With back foot flat and toes turned slightly inward, lower hips and bend knees until stretch is felt. Hold ____ seconds. Repeat with other leg.



Repeat ____ times.
Do ____ sessions per day.

UPPER LEG - 5 Quadriceps



Holding one foot with same-side hand, raise leg until stretch is felt. Hold ____ seconds. Repeat with other side.

Repeat ____ times. Do ____ sessions per day.

Keeping head, neck and back flat, bring right leg over left. Use right leg to pull left leg to floor until stretch is felt. Hold ____ seconds. Repeat with left leg over right.



Repeat ____ times.
Do ____ sessions per day.

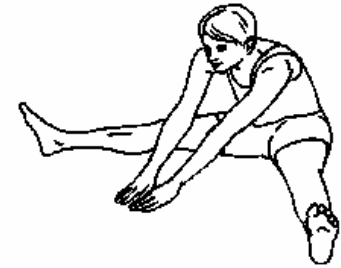
With foot on chair or stool, lean forward until stretch is felt. Hold ____ seconds. For more stretch, place foot on higher plane.



Repeat ____ times.
Do ____ sessions per day.

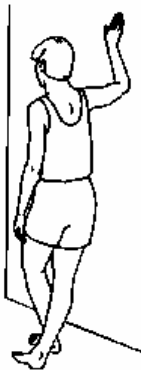
With legs apart, slide hands forward until stretch is felt. Hold ____ seconds.

Repeat ____ times. Do ____ sessions per day.



HIP OBLIQUE - 9 Iliotibial Band

Cross right leg behind the left. Lean right hip toward wall while bending left knee and keeping right knee straight. Hold ____ seconds. Repeat with left leg behind right.



For a variation of this stretch, cross right leg in front of the left leg.

Repeat ____ times.
Do ____ sessions per day.

HIP OBLIQUE - 8 Internal Rotators



Gently pull foot and knee toward shoulder, rotating at hip. Hold ____ seconds. Repeat with other leg.

Repeat ____ times. Do ____ sessions per day.

CHEST AND ABDOMEN - 5 Abdominals and Pectorals

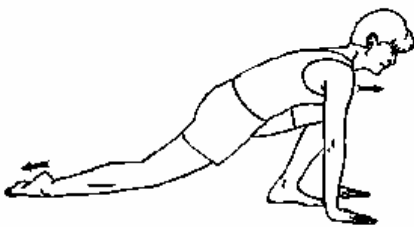
Grab both feet below ankles. Arch back and pull feet toward head until stretch is felt. Hold ____ seconds.



Repeat ____ times.
Do ____ sessions per day.



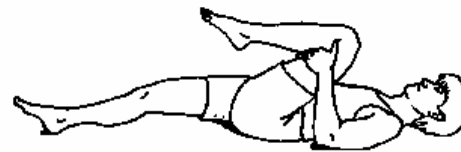
HIP OBLIQUE - 11 Flexors



From position shown, slide foot back and move trunk forward until stretch is felt. Hold ____ seconds. Repeat with other foot.

Repeat ____ times. Do ____ sessions per day.

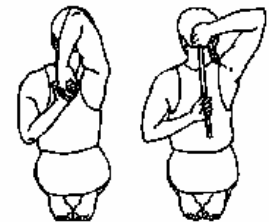
HAMSTRINGS - 1 Knee to Chest



Gently pull knee to chest until stretch is felt. Hold ____ seconds. Repeat with other knee.

Repeat ____ times. Do ____ sessions per day.

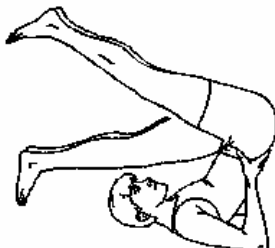
SHOULDERS - 2 Rotator Cuff / Extensors



Bring right hand behind head and down as far as possible. Reach up with left hand, palm facing out, and grasp right hand. Hold ____ seconds. May use belt as a beginner aid to help work hands closer together. Repeat with other side.

Repeat ____ times. Do ____ sessions per day.

UPPER BACK - 5 Extensors



With hands supporting trunk, slowly bring feet over head until stretch is felt. Hold ____ seconds.

Repeat ____ times. Do ____ sessions per day.

ARMS - 8 Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold ____ seconds.



Repeat ____ times.
Do ____ sessions per day.