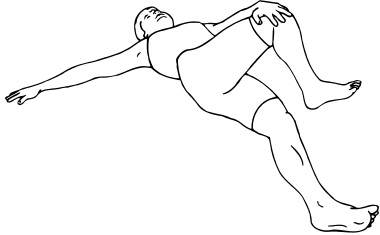
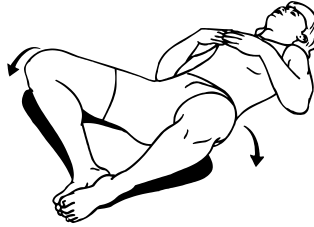


HIP OBLIQUE:



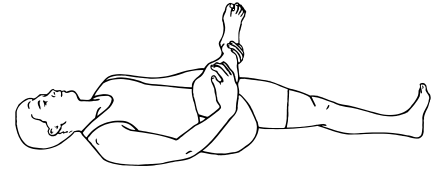
Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold 30 seconds. Repeat with other leg. Repeat 1 times. Do 1 sessions per day.

GROIN - 1 Thigh Adductors



With feet together, lower knees to floor until stretch is felt. Hold 30 seconds. Repeat 1 times. Do 1 sessions per day.

HIP OBLIQUE - 8 Internal Rotators



Gently pull foot and knee toward shoulder, rotating at hip. Hold 30 seconds. Repeat with other leg. Repeat 1 times. Do 1 sessions per day.

UPPER LEG - 1 Quadriceps



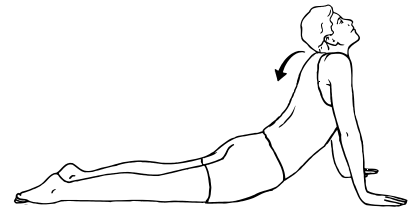
Lying on stomach with thighs together, gently pull ankle toward buttocks until stretch is felt. Hold 30 seconds. Repeat with other ankle. Repeat 1 times. Do 1 sessions per day.

SHOULDERS - 4 Extensors



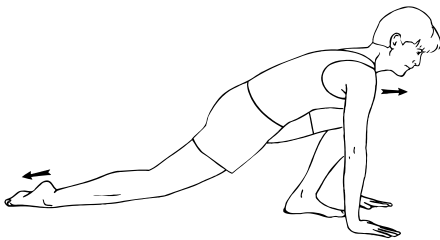
From kneeling position, slide arms forward while pushing buttocks toward floor. Hold 60 seconds. Repeat 1 times. Do 1 sessions per day.

CHEST AND ABDOMEN - 2 Abdominals



Push upper torso back with arms until stretch is felt, and hold. Tilt head as far back as possible. Hold 60 seconds. Repeat 1 times. Do 1 sessions per day.

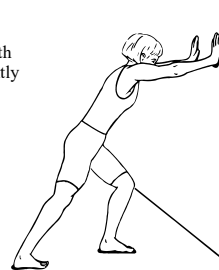
Hip Flexors



From position shown, slide foot back and move trunk forward until stretch is felt. Hold 30 seconds. Repeat with other foot. Repeat 1 times. Do 1 sessions per day.

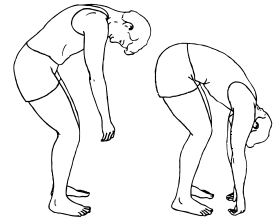
LOWER LEG - 8 Gastroc

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 60 seconds. Repeat with other leg.



Repeat 1 times. Do 1 sessions per day.

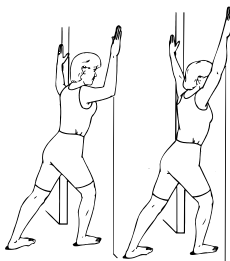
HAMSTRINGS - 5 Forward Bend



With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold 30 seconds. Bend knees further to return to standing position. Repeat 1 times. Do 1 sessions per day.

CHEST - 6 Pectorals

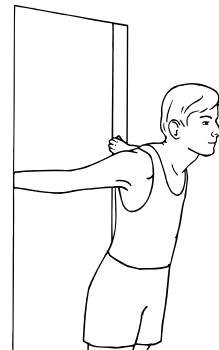
With arms forming a T, lean forward until stretch is felt. Hold 30 seconds. Slide arms up to form a V and repeat the stretch.



Repeat 1 times. Do 1 sessions per day.

CHEST Stretch

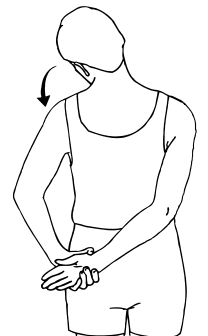
Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold 30 seconds.



Repeat 1 times. Do 1 sessions per day.

NECK - 10 Side Benders

While tilting head to the left, pull right arm down with left hand until stretch is felt. Hold 30 seconds. Repeat to other side.



Repeat 1 times. Do 1 sessions per day.