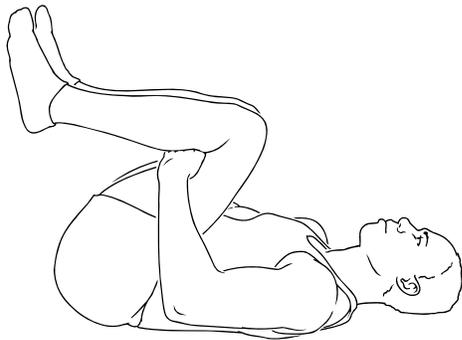


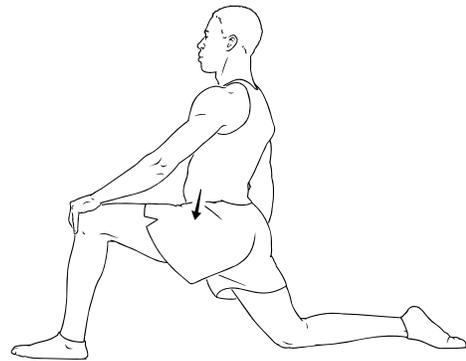
LOW BACK - 11 Supine Knee-to-Chest, Bilateral



Lie on back, hands clasped behind both knees. Pull knees in toward chest until a comfortable stretch is felt in lower back and buttocks. Hold 5-7 seconds.

Repeat 10 times per session. Do 1-2 sessions per day.

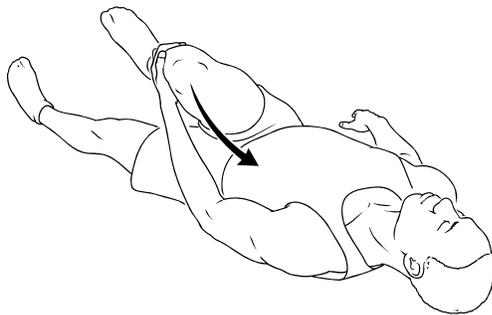
HIP - 3 Flexors, Kneeling



Kneel on one leg. Slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 5-7 seconds.

Repeat 10 times per session. Do 1-2 sessions per day.

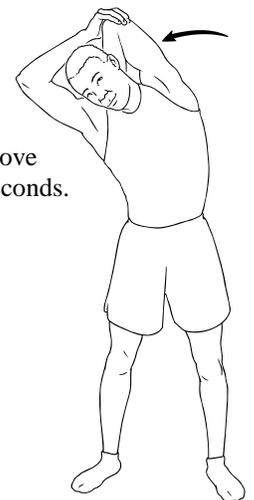
HIP - 15 Extensors / Rotators, Supine



Lie supine, one leg straight, other leg bent, knee held by opposite hand. Gently pull knee toward opposite shoulder. Feel stretch in buttocks and outside of hip. Hold 5-7 seconds.

Repeat 10 times per session. Do 1-2 sessions per day.

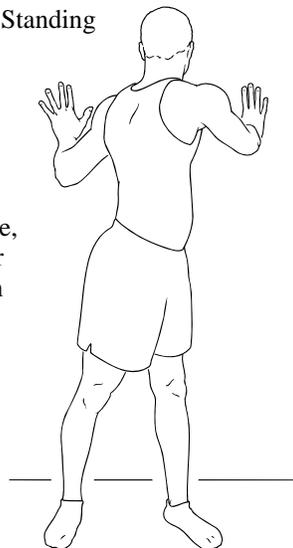
SIDE / TORSO - 18 Side Stretch, Standing Bend



Stand, one hand on opposite elbow, above head. Bend to one side. Hold 5-7 seconds.

Repeat 10 times per session.
Do 1-2 sessions per day.

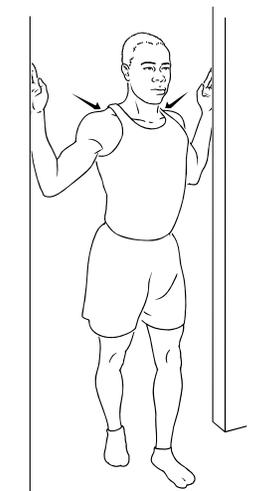
SIDE / TORSO - 23 Side Twist, Standing



Stand, back to wall, heels 4-6 inches from wall. Turn to one side, placing palms on wall at shoulder height. Gently lean into wall with hip. Hold 5-7 seconds.

Repeat 10 times per session.
Do 1-2 sessions per day.

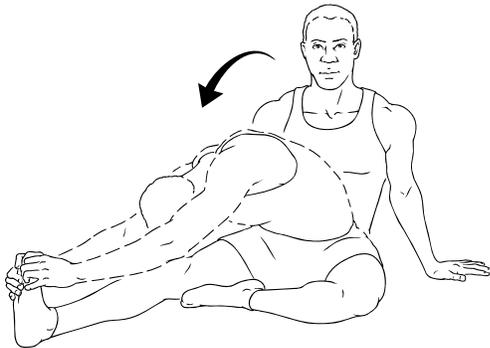
CHEST - 4 Scapula Adduction With Pectorals, Low



Stand in doorway with palms against frame and arms at 45°. Lean forward and squeeze shoulder blades. Hold 5-7 seconds.

Repeat 10 times per session.
Do 1-2 sessions per day.

HAMSTRING - 19 Sitting: Unilateral

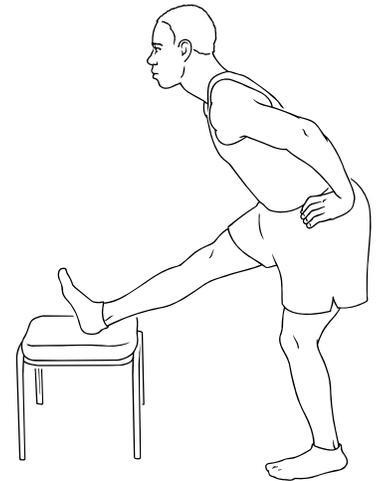


Sit with one leg extended and other leg bent, foot on inner thigh. Clasp foot with both hands and pull body toward thigh. Hold 5-7 seconds. Beginner: Hold onto shin.
Repeat 10 times per session. Do 1-2 sessions per day.

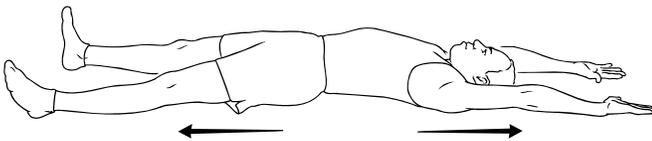
HAMSTRING - 28 Standing: Unilateral

Stand, one heel on stool, leg straight, standing leg slightly bent. Slowly lean forward, keeping back straight. Hold 5-7 seconds.

Repeat 5-6 times per session.
Do 1-2 sessions per day.

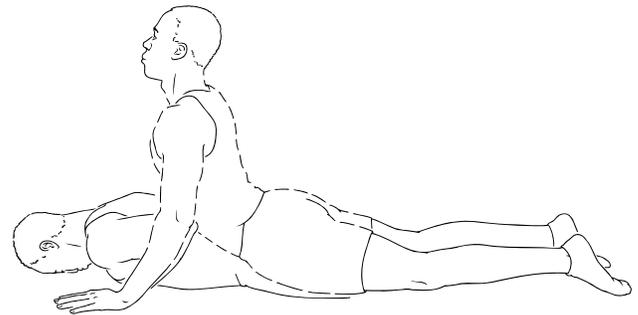


SHOULDER - 38 Flexors Stretch, Supine



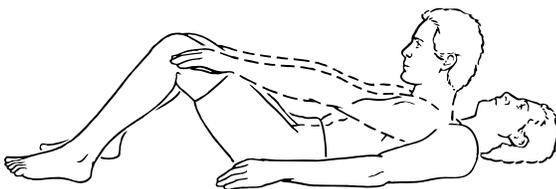
Lie on back and extend both hands and feet as far as possible. Hold 5-7 seconds.
Repeat 10 times per session. Do 1-2 sessions per day.

ABDOMINALS - 4 Cobra



Lie face down, hands at shoulder. Inhale and press up torso, arching back. Keep long curve in neck, shoulders down, and buttocks engaged to protect lower back. Hold 7-10 seconds.
Repeat 10 times per session. Do 1-2 sessions per day.

BACK - 23 Curl-Up: Phase 1



With arms at sides, tilt pelvis to flatten back. Raise head and shoulders from floor. Use arms to support trunk if necessary.
Repeat 10 times per set. Do 1-3 sets per session.
Do 1-2 sessions per day.

GENERAL GUIDELINES

- When performing a stretch, move the designated body part to a position of mild stretch.
- If possible, increase your stretch to a position of mild discomfort but NOT pain.
- Maintain a normal, relaxed breathing pattern throughout the stretch. Do not hold your breath.
- If you feel unbalanced while doing a standing stretch, brace yourself with one hand, using a firm support such as a counter top, wall, or heavy piece of furniture.