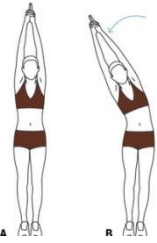
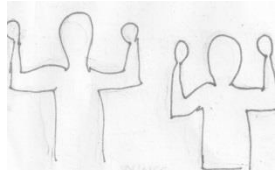
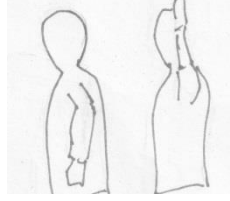

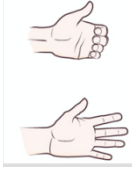



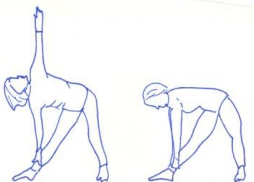





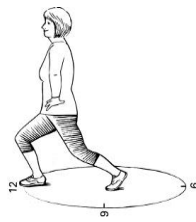

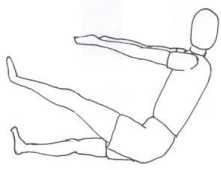




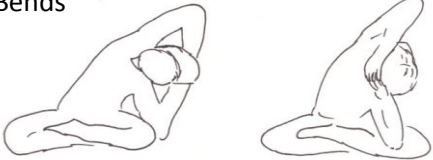






STANDING STRETCHES


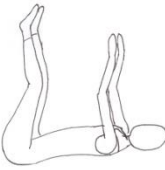
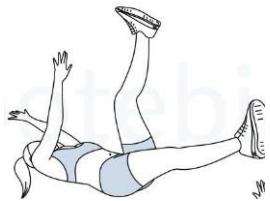
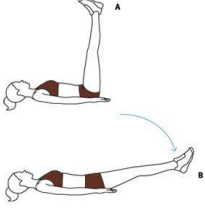
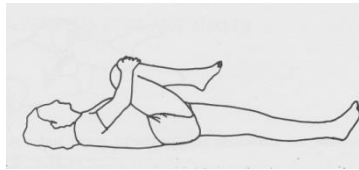





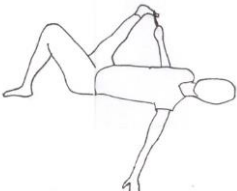
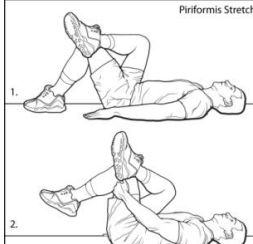
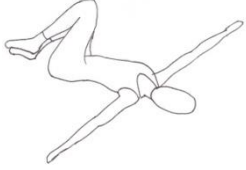
Cardiovascular Wellness Program

<p>Vertical Reach</p> 	<p>Wings</p> 	<p>Scarecrow (Up&Down)</p> 	<p>Shoulder Circles</p> 
<p>Knuckle Curls</p> 	<p>Hand Splay</p> 	<p>Side Reaches</p> 	<p>Neck Reach/Bends</p> 
<p>Triangle Pose</p> 	<p>Warrior Pose</p> 	<p>Warrior-Arms Up</p> 	<p>Warrior to Side</p> 
<p>Balance Pose</p> 	<p>Tree Pose</p> 	<p>Clock</p> 	<p>Heel-Toe Walk</p> 

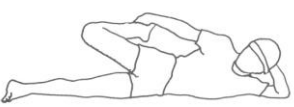

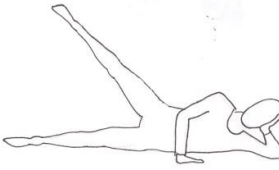

SITTING STRETCHES

<p>One-Legged Boat</p> 	<p>Toe Reach—both legs</p> 	<p>Toe Reach—single leg</p> 	<p>Ballerina Pose</p> 
<p>Groin Stretch</p> 	<p>Waist Bends</p> 	<p>Simple Twist</p> 	
<p>Knee Grasp</p> 	<p>Lotus Practice</p> 	<p>Butt Walk</p> 	







BACK-LYING STRETCHES

<p>Legs Up – 10 to 2 pm swing</p> 	<p>Dead Bug</p> 	<p>Dying Bug</p> 	
<p>Lower Abs- Down/Out/In/Up</p> 	<p>One Knee to Chest</p> 	<p>Double Knee to Chest</p> 	
<p>Hip Bridges</p> 	<p>Pelvic Tilt</p> 	<p>Crunches</p> 	
<p>Hamstring Stretch</p> 	<p>Abductor Stretch</p> 	<p>Piriformis Stretch (#4)</p> 	<p>Hips to Side</p> 

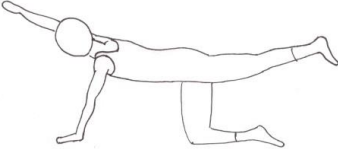





SIDELYING STRETCHES

<p>Quad Stretch</p> 	<p>Clam Shell</p> 	<p>Single Leg Lift</p> 	<p>Triceps Push-up</p> 
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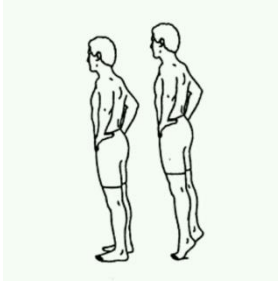


PRONE STRETCHES

<p>Plank</p> 	<p>Superman</p> 	<p>Back Arch W-T-V</p> 
<p>Superman</p> 	<p>Sphinx</p> 	<p>Child Pose</p> 

HANDS & KNEES STRETCHES

<p>Bird Dog Pose</p> 	<p>Torso Twist</p> 	<p>Thread the Needle</p> 
<p>Dog Wag</p> 	<p>Cat/Cow</p> 	<p>Mecca Pose</p> 

MORE STANDING STRETCHES

<p>Calf Stretch</p> 	<p>Toe Raise – together</p> 	<p>Toe Raises-alternating</p>  <p>Fig. 1 Fig. 2</p>	<p>Chair PushUps</p> 
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