

Stretching: Back/Shoulders/Biceps


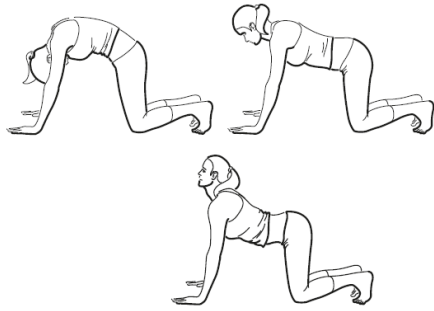
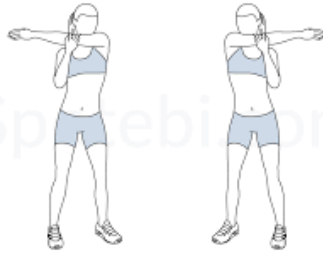

1A) Knee to Chest > 15-30 Seconds.Each Side > Repeat x 3 (See Image W1:1A)

1B) Cat Stretch > 30 seconds > Repeat x 3 (See Image W1:1B)

2A) Shoulders Stretch > 20 seconds > Each Arm > Repeat x 2 (See Image W1:2A)

2B) Wall Shoulder Stretch > 30 seconds > Repeat x 2 (See Image W1:2B)

3A) Biceps Stretch > 20 seconds > Repeat x 2 (See Image W1:3A)

Stretch	Picture	Stretch	Picture
W1:1A		W1:1B	
W1:2A		W1:2B	
W1:3A	