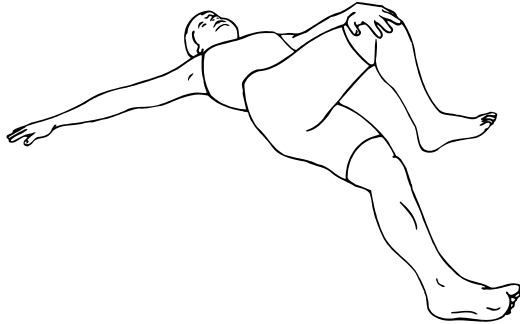
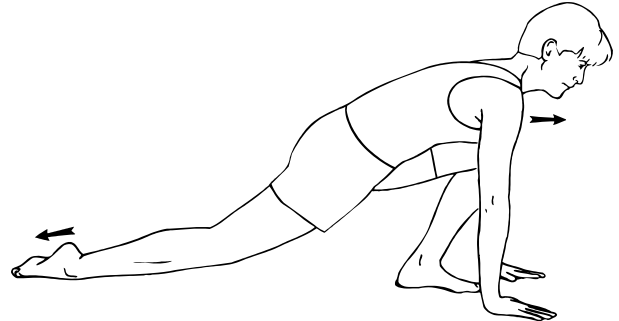


HIP OBLIQUE:



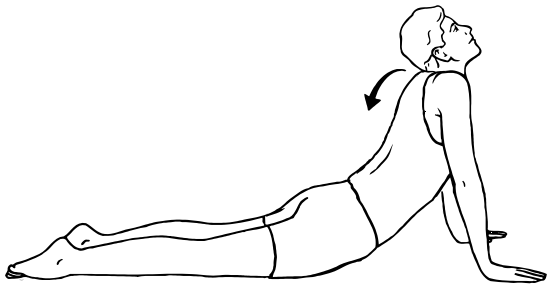
Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold 30 seconds. Repeat with other leg.  
Repeat 1 times. Do 1 sessions per day.

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.

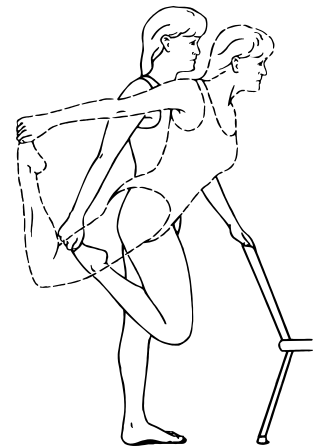
CHEST AND ABDOMEN - 2 Abdominals



Push upper torso back with arms until stretch is felt, and hold. Tilt head as far back as possible. Hold 30 seconds.  
Repeat 1 times. Do 1 sessions per day.

UPPER LEG - 6 Quadriceps

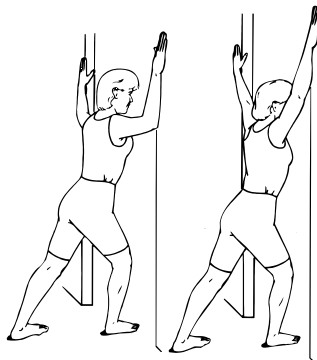
From starting position, raise leg until stretch is felt. Hold 30 seconds. Repeat with other leg.



Repeat 1 times.  
Do 1 sessions per day.

CHEST - 6 Pectorals

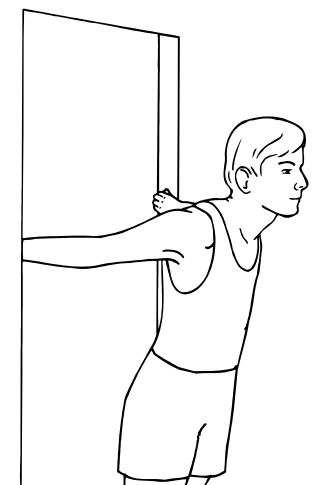
With arms forming a T, lean forward until stretch is felt. Hold 30 seconds. Slide arms up to form a V and repeat the stretch.



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.