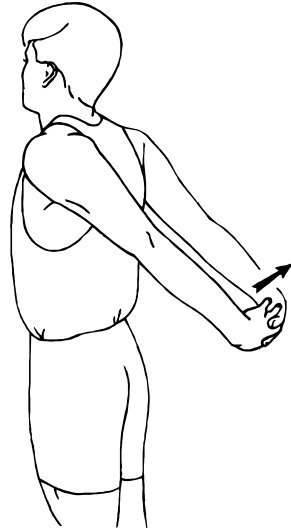


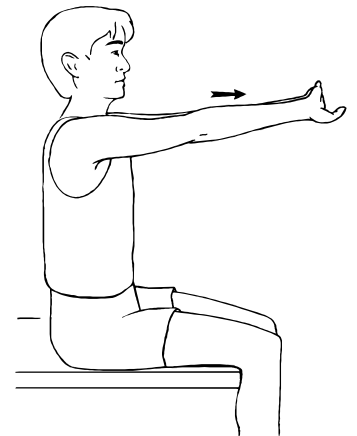
ARMS - 1 Biceps

With arms straight and fingers interlaced, raise arms until stretch is felt. Hold 15-30 seconds.



ARMS - 7 Wrist / Flexors

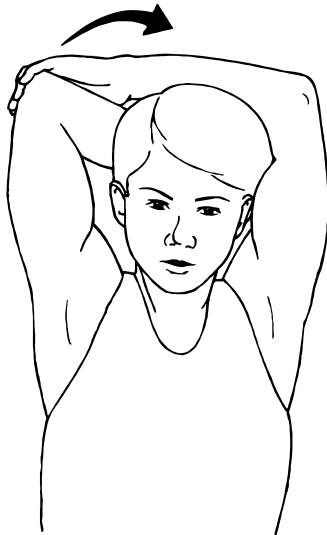
With fingers interlaced and palms out, straighten arms in front of you until stretch is felt. Hold 15-30 seconds.



Repeat _____ times.
Do _____ sessions per day.

ARMS - 8 Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 15-30 seconds.



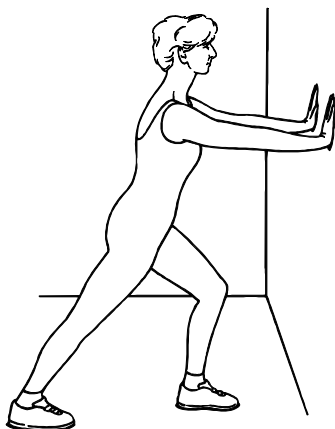
SHOULDERS - 3 Posterior Deltoids / Rhomboids

Pull arm across chest until stretch is felt. Turn head away from pull. Hold 15-30 seconds. Repeat with other arm.



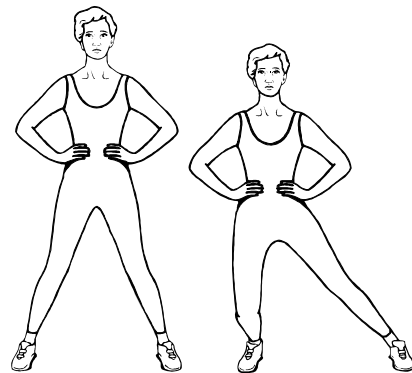
COOL-DOWN - 1 Calf Stretch

Stand with hands supported on wall, elbows slightly bent, front knee bent, back knee straight, feet parallel and both heels on floor. Lean into wall by pushing hips forward until a stretch is felt in calf muscle.



Hold 15-30 seconds. Repeat with leg positions switched.

COOL-DOWN - 4 Groin Stretch

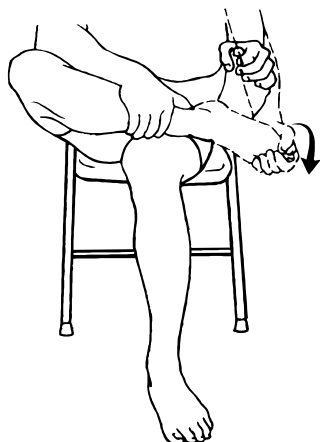


Hands on hips, back straight, feet parallel and 4"-6" greater than shoulder width apart. Slowly shift weight to one side, keeping bent knee directly over foot.

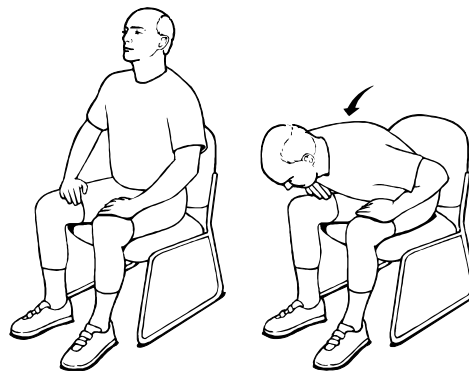
Hold 15-30 seconds. Repeat to other side.

LOWER LEG - 4 Ankle

Support one leg on the other and rotate that ankle clockwise, then counterclockwise, 10-15 revolutions. Repeat with other ankle.



COOL-DOWN - 7 Low Back Stretch (Sitting)



Sit on a firm surface with feet placed shoulder width apart, hands on thighs for support. Inhale, then while exhaling slowly lean forward. Do not lower head below knees.

Hold 15-30 seconds.

COOL-DOWN - 3 Thigh Stretch (Supported by Arm or Chair)

Stand with support. Pull lower leg toward buttocks by grasping pant leg or ankle. Keep upper leg and hip straight, knees together.

Hold 15-30 seconds. Repeat to other leg.

___ If unable to hold ankle or pant leg, place leg to be stretched on a chair that is at or slightly above knee height.



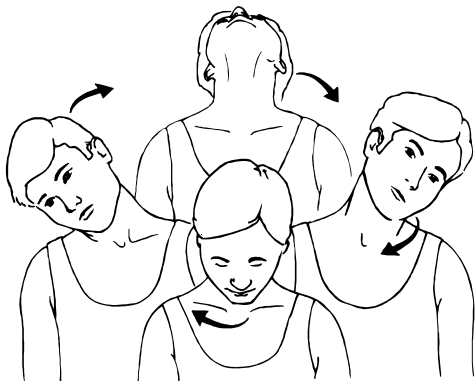
COOL-DOWN - 5 Hamstring Stretch (Standing)

Standing, place one heel on chair or bench. Use one or both hands on thigh for support. Keeping torso straight, lean forward slowly until a stretch is felt in back of same thigh.

Hold 15-30 seconds. Repeat with other leg.



NECK - 8 Extensors / Flexors / Side Benders



From sitting position with back straight, slowly roll head in a full circle.

Repeat 10-15 times.

NECK - 2 Side Benders

Slowly tilt head toward one shoulder. Hold 15-30 seconds. Repeat toward other shoulder.

