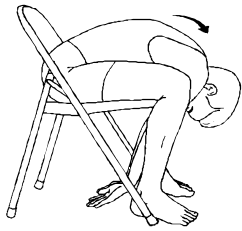
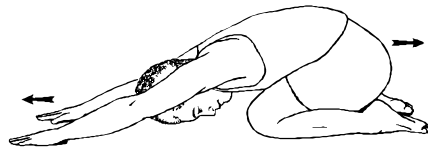


UPPER BACK - 1 Upper and Mid Extensors



Lean forward until stretch is felt. For greater stretch, move arms toward back legs of chair. To return, put forearms on knees and push up. Hold 30 seconds.
 Repeat _____ times. Do _____ sessions per day.

UPPER BACK - 2 Upper and Mid Extensors



Slide hands forward and buttocks back. Hold 30 seconds.
 Repeat _____ times. Do _____ sessions per day.

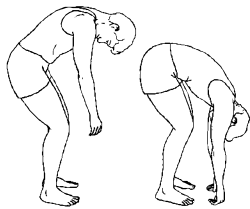
GROIN - 3 Thigh Adductors

Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold 30 seconds.



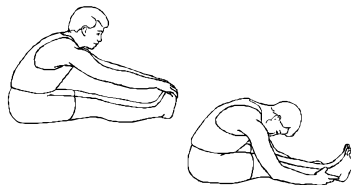
Repeat _____ times.
 Do _____ sessions per day.

HAMSTRINGS - 5 Forward Bend



With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold 30 seconds. Bend knees further to return to standing position. Unlike this picture (which I cannot change) keep your legs reasonably straight.
 Repeat _____ times. Do _____ sessions per day.

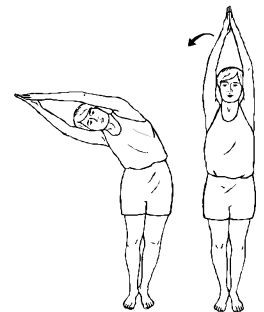
HAMSTRINGS - 4 Pull Back Toes, Double Leg



With hands on toes, pull torso forward and bend head toward knees until stretch is felt. Hold 30 seconds. For more stretch, put hands on ankles. Like we talked about--to stretch your hamstrings, keep your back and legs straight. To stretch your lower back, bend your knees a little and round your back.
 Repeat _____ times. Do _____ sessions per day.

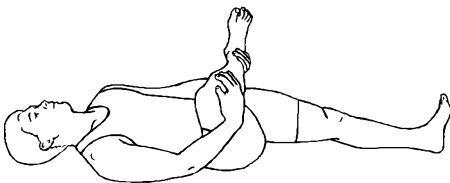
HIP OBLIQUE - 4 Abductors

From starting position, bend the body to the side as far as possible until stretch is felt. Hold 30 seconds. Repeat to other side.



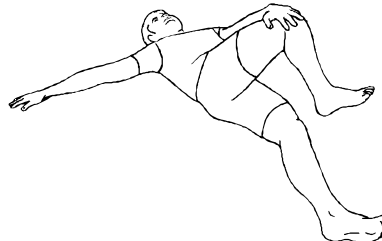
Repeat _____ times.
 Do _____ sessions per day.

HIP OBLIQUE - 3 Internal Rotators



Gently pull foot and knee toward shoulder, rotating at hip. Hold 30 seconds. Repeat with other leg. This is the one you can do up against a chair or a railing--those who are brave can do this on their stomachs. Be careful!
 Repeat _____ times. Do _____ sessions per day.

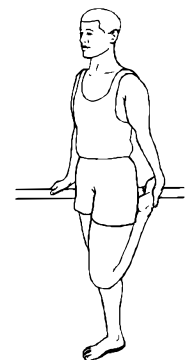
HIP OBLIQUE - 2 External Rotators



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

UPPER LEG - 2 Quadriceps

Pull heel toward buttocks until stretch is felt in front of thigh. Hold 30 seconds. Repeat with other heel. Again--these pics are horrible--bring the knee back on the leg you are stretching so your knees are at least together.



Repeat _____ times.
 Do _____ sessions per day.

LOWER LEG - 8 Plantar Fascia

From stairs or a curb, lower heel until stretch is felt. Hold 30 seconds. Repeat with other heel.



Repeat _____ times.
 Do _____ sessions per day.

NECK - 3 Side Benders

Pull head to one side until stretch is felt. Hold 30 seconds. Repeat to other side. Depending on what you are trying to stretch, point your nose either up or down.



Repeat _____ times.
 Do _____ sessions per day.