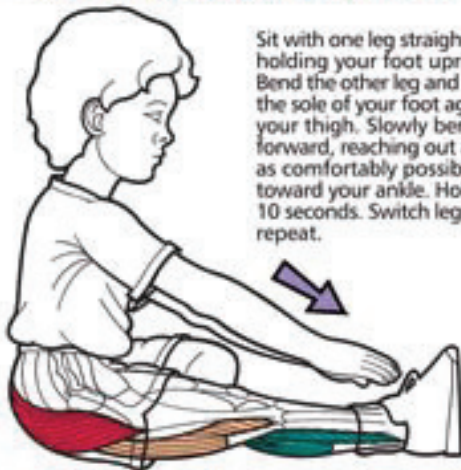


Lower Body Stretches

Back of Thigh / Hip / Calf Stretch



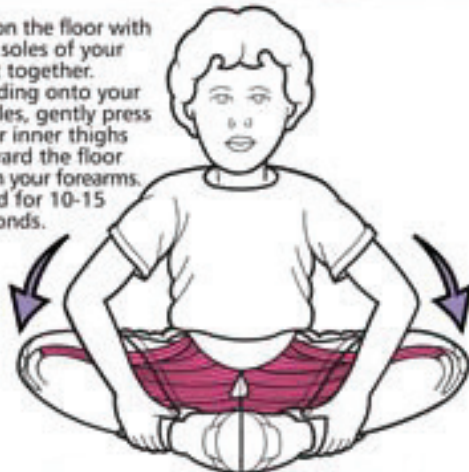
Sit with one leg straight out, holding your foot upright. Bend the other leg and place the sole of your foot against your thigh. Slowly bend forward, reaching out as far as comfortably possible toward your ankle. Hold for 10 seconds. Switch legs and repeat.

Thigh Stretch



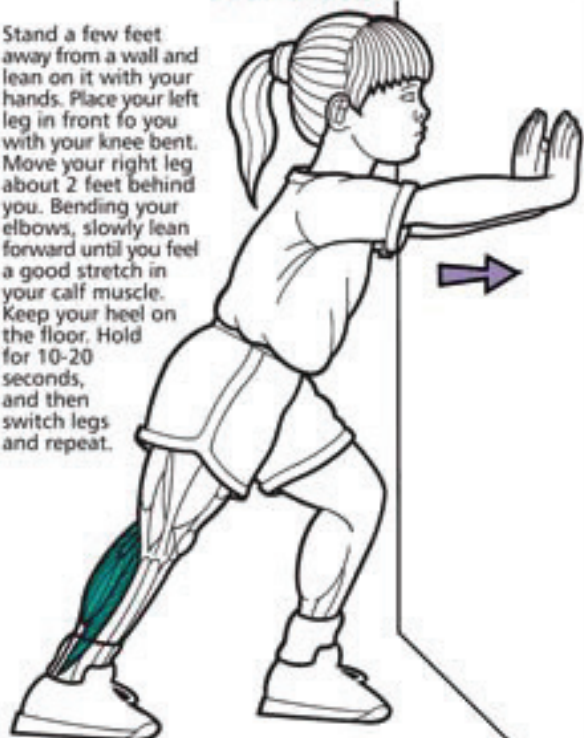
Stand facing a wall and place your left hand on the wall for support. Grab the top of your right foot and slowly pull your heel up toward your buttocks. Hold for 10-20 seconds. Switch legs and repeat.

Inner Thigh Stretch



Sit on the floor with the soles of your feet together. Holding onto your ankles, gently press your inner thighs toward the floor with your forearms. Hold for 10-15 seconds.

Calf Stretch



Stand a few feet away from a wall and lean on it with your hands. Place your left leg in front of you with your knee bent. Move your right leg about 2 feet behind you. Bending your elbows, slowly lean forward until you feel a good stretch in your calf muscle. Keep your heel on the floor. Hold for 10-20 seconds, and then switch legs and repeat.

Hip / Thigh / Inner Thigh Stretch



Kneel on all-fours. Move one foot forward, bending your knee, and touching your chest. Extend your back leg and keep it fairly straight. Gently push your hip and the back leg forward until you feel a good stretch in your inner thigh. Hold for 10-20 seconds. Switch legs and repeat.

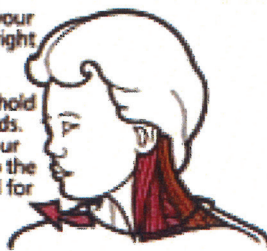
Upper Body Stretches

Front of Neck / Back of Neck Stretches

Slowly tilt your head to one side as far as comfortably possible and hold for 10 seconds. Then tilt in the opposite direction and hold for 10 seconds.



Slowly turn your head to the right as far as comfortably possible and hold for 10 seconds. Then turn your head back to the left and hold for 10 seconds.



Slowly pull your head back and hold for 10 seconds. Then tuck your chin in toward your chest and hold for 10 seconds.



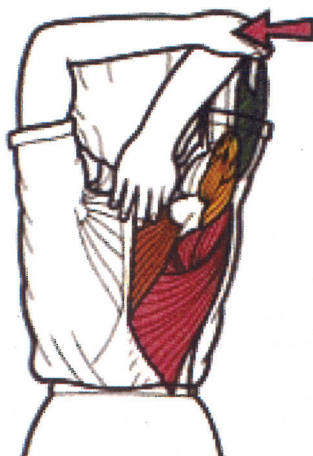
Chest / Shoulder / Arm Stretch

Interlace your fingers behind your back and pull both arms up as high as comfortably possible. Hold for 10 seconds.



Arm / Shoulder / Back Stretch

With your right arm bent at the elbow, rest your hand behind your neck. Using your left hand, gently pull your right elbow behind your head and hold for 10 seconds. Switch arms and repeat.



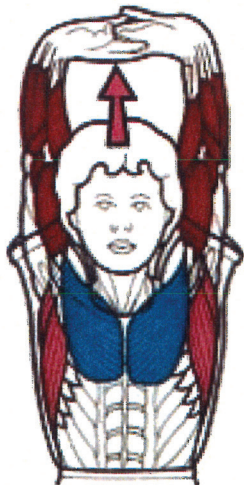
Shoulder / Back / Neck Stretch

With your right hand, pull your left elbow across your chest as far as comfortably possible. Hold for 10 seconds, then switch arms and repeat.



Arm / Back / Chest Stretch

Interlace your fingers over your head and push the palms of your hands upward as high as comfortably possible. Hold for 10 seconds.



Side / Back / Shoulder Stretch

With your hands overhead, touch or close your hands together. Keeping your legs straight, slowly bend to one side as far as comfortably possible. Hold for 10 seconds, then bend to the opposite side.

