

Upper Body Stretches



#1 Bicep Stretch Hold for 1 min. 2 times each side



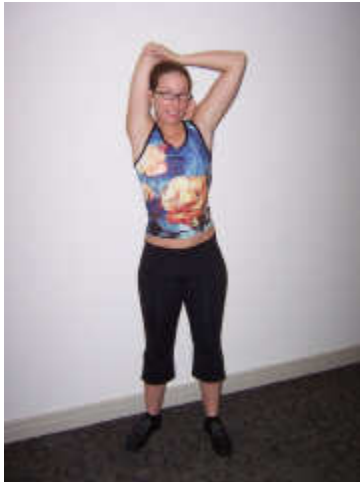
#2 Tricep Stretch: Pull straight back, hold for 45 seconds, 2 times each side.



#3 Chest Stretch (A): Make sure arm is at a 45 degree angle and turn hip into stretch. Hold for 45 seconds each side



#4 Chest Stretch (B): Hold for 45 seconds 2 times.



#5 Shoulder Stretch (A): Pull behind the neck, hold for 45 seconds 1 time each side.



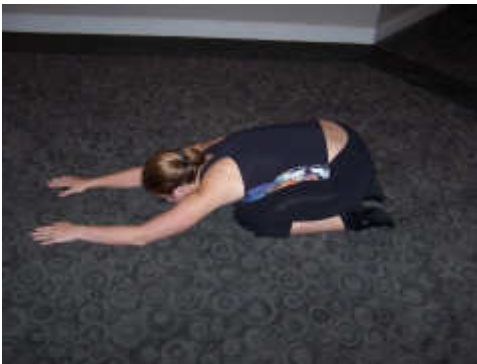
#6 Shoulder Stretch (B): Pull across the body, hold for 45 seconds 1 time each side.



#7 Back Stretch (A): Make sure body is parallel to the ground, hold for 1 min.



#8 Back Stretch (B): Make sure body is parallel to wall you are facing, hold for 1 min.



#9 Sit and Reach: Keep hips back and reach forward. Hold for 45 seconds 2 times.



#10 Abdominal Stretch: Arch back and press hips to the ground.

Lower Body Stretches



#1 Hip Flexor Stretch: Hold for 20 seconds twice on each side.



#2 Butter Fly Stretch: Hold for 40 seconds while applying pressure with elbows to inner thighs, repeat 2 times.



#3 Periformis Stretch: Pull the back of the leg towards your body. Repeat twice on each side for 30 seconds.



#4 Hip Stretch: Hold for 1 min. 2 times each side.



#5 IT Band Stretch: Press the hip toward the leg that is crossed, repeat 4 times 20 seconds.



#6 Quad Stretch Hold for 30 seconds, 2 times each side.



#7 Straggle Split Hold for 1 min. 2 times.



#8 Standing Hamstring Stretch: Repeat 2 times 1 min. each side.



#9 Front Split: Hold for 1 min 2 times each side.



#10 Floor Straddle Split with forward reach: Hold for 1 min. 2 times.



#11 Floor Straddle with forward/side reach: Hold for 1 min. 2 times each side.



#12 Floor Straddle with Side Reach: Hold for 1 min. 2 times each side.



#13 Gastrocnemius Stretch: Press through the heel, hold for 1 min. 2 times each side.



#14 Achilles Stretch: Make sure to drop the hip straight down. Hold for 45 seconds 2 times each side.



#15 Tibialis Stretch: Apply pressure as if dragging the foot. Hold for 45 seconds 2 times each side.

