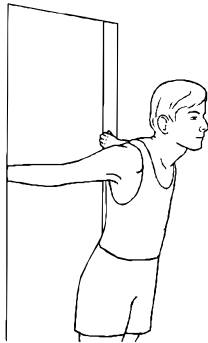


CHEST - 3 Pectorals

Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold ____ seconds.

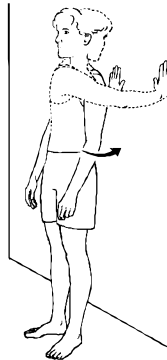
Repeat ____ times.
Do ____ sessions per day.



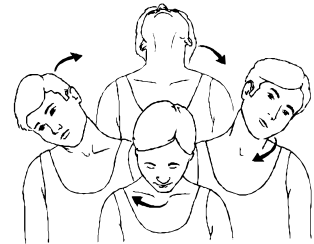
UPPER BACK - 4 Rotators

With feet shoulder-width apart and 12 - 24 inches from wall, turn upper body and try to place hands on wall at shoulder height. Hold ____ seconds. Repeat to other side.

Repeat ____ times.
Do ____ sessions per day.



NECK - 8 Extensors / Flexors / Side Benders



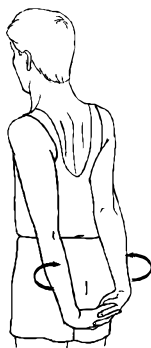
From sitting position with back straight, slowly roll head in a full circle.

Repeat ____ times. Do ____ sessions per day.

SHOULDERS - 5 Deltoids

With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt. Hold ____ seconds.

Repeat ____ times.
Do ____ sessions per day.



SHOULDERS - 3 Posterior Deltoids / Rhomboids

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

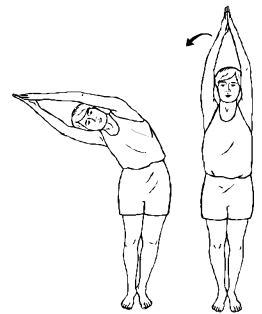
Repeat ____ times.
Do ____ sessions per day.



HIP OBLIQUE - 1 Abductors

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

Repeat ____ times.
Do ____ sessions per day.

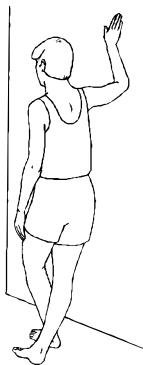


HIP OBLIQUE - 9 Iliotibial Band

Cross right leg behind the left. Lean right hip toward wall while bending left knee and keeping right knee straight. Hold ____ seconds. Repeat with left leg behind right.

For a variation of this stretch, cross right leg *in front of* the left leg.

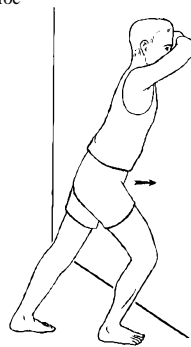
Repeat ____ times.
Do ____ sessions per day.



LOWER LEG - 9 Achilles / Gastroc

With back leg straight, move hips forward until stretch is felt. Hold ____ seconds. Repeat with other leg.

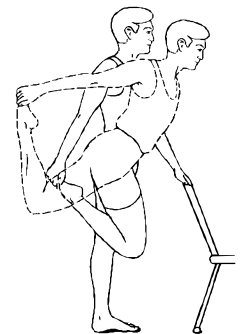
Repeat ____ times.
Do ____ sessions per day.



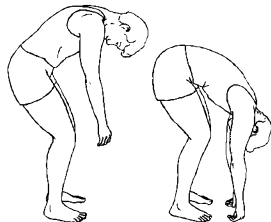
UPPER LEG - 6 Quadriceps

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

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 ____ seconds. Bend knees further to return to standing position.

Repeat ____ times. Do ____ sessions per day.

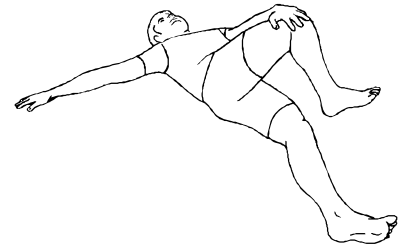
GROIN - 1 Thigh Adductors



With feet together, lower knees to floor until stretch is felt. Hold ____ seconds.

Repeat ____ times. Do ____ sessions per day.

HIP OBLIQUE - 6 External Rotators



Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold ____ seconds. Repeat with other leg.

Repeat ____ times. Do ____ sessions per day.