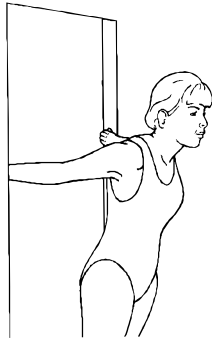


CHEST - 3 Pectorals

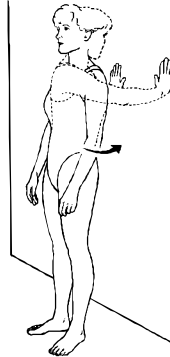
Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold ____ seconds.



Repeat ____ times.
 Do ____ sessions per day.

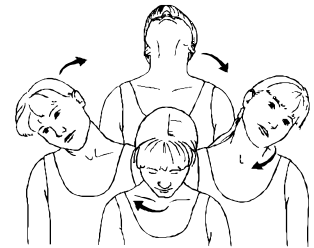
UPPER BACK - 4 Rotators

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

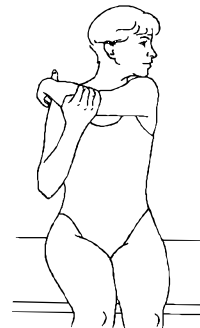
With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt. Hold ____ seconds.



Repeat ____ times.
 Do ____ sessions per day.

SHOULDERS - 3 Posterior Deltoids / Rhomboids

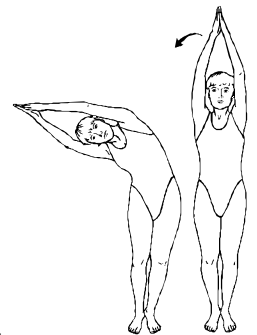
Pull arm across chest until stretch is felt. Turn head away from pull. Hold ____ seconds. Repeat with other arm.



Repeat ____ times.
 Do ____ sessions per day.

HIP OBLIQUE - 1 Abductors

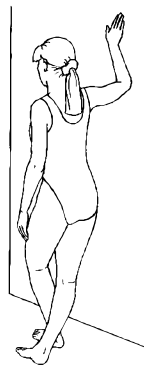
From starting position, bend the body to the side as far as possible until stretch is felt. Hold ____ seconds. Repeat to other side.



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.

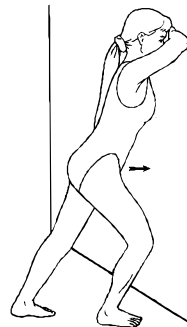


For a variation of this stretch, cross right leg *in front of* the left leg.

Repeat ____ times.
 Do ____ sessions per day.

LOWER LEG - 9 Achilles / Gastroc

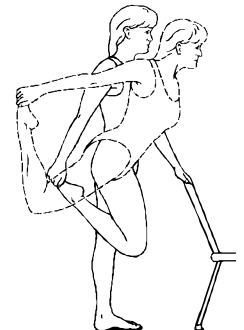
With back leg straight, move hips forward until stretch is felt. Hold ____ seconds. Repeat with other leg.



Repeat ____ times.
 Do ____ sessions per day.

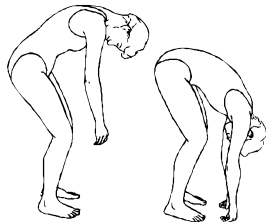
UPPER LEG - 6 Quadriceps

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.

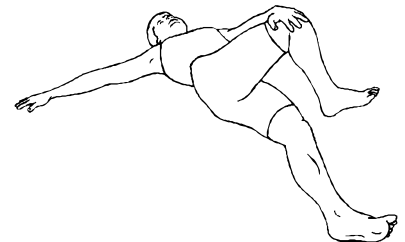
GROIN - 1 Thigh Adductors



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.