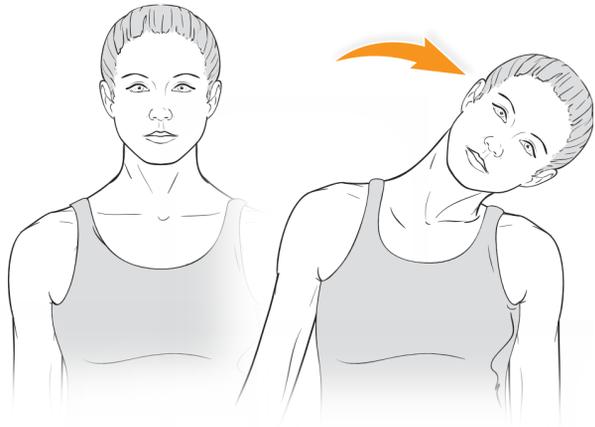


STRETCHES



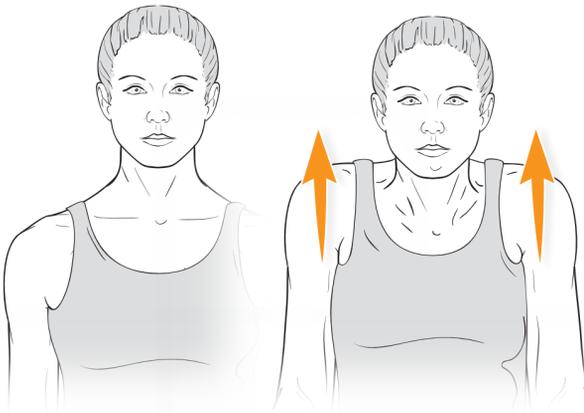
STRETCH DAILY. NEVER OVERSTRETCH, "BOUNCE" OR FORCE YOUR MUSCLES INTO A STRETCH AND NEVER STRETCH TO THE POINT OF PAIN. HOLDING EACH STRETCH 10 SECONDS.

NECK TILT



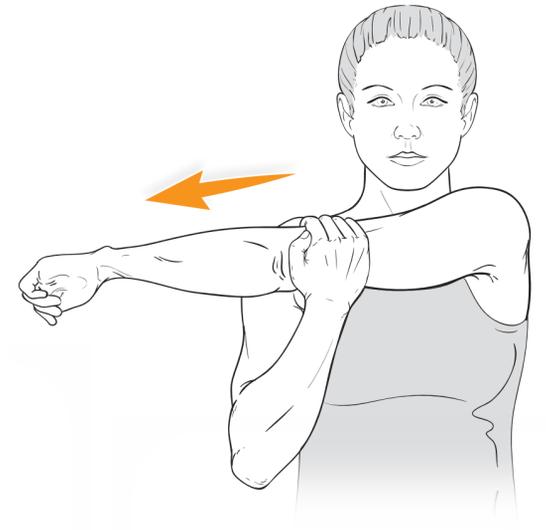
NECK

SHOULDER SHRUG

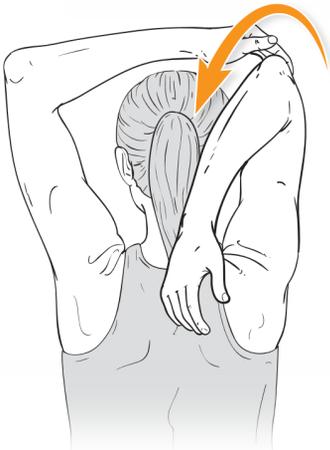


SHOULDER

DELTOID STRETCH

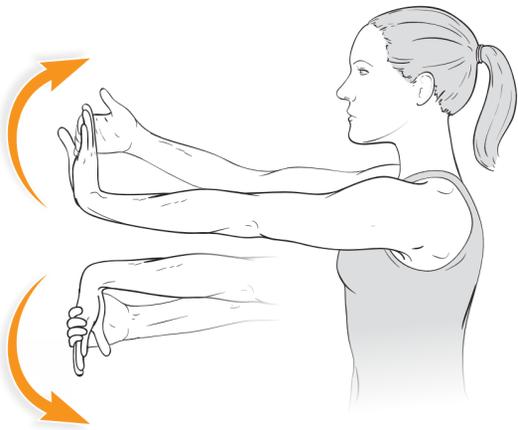


TRICEPS STRETCH

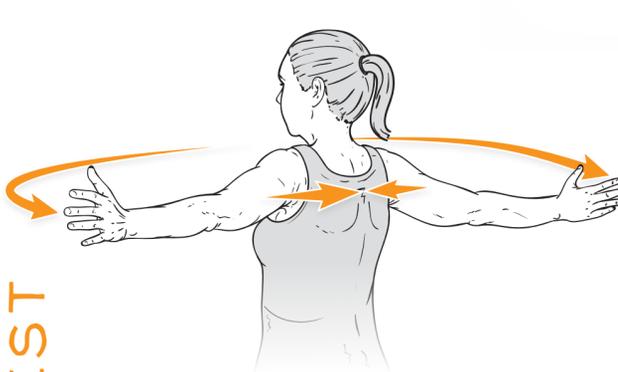


ARM

FOREARM STRETCH



CHEST STRETCH

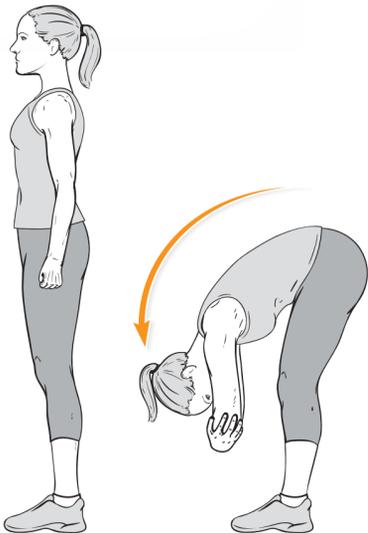


CHEST

BACK & UPPER ARM STRETCH

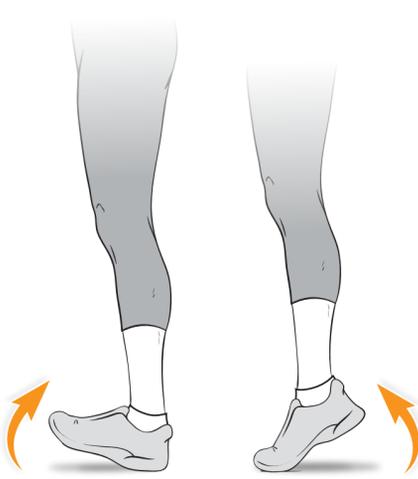


BACK STRETCH

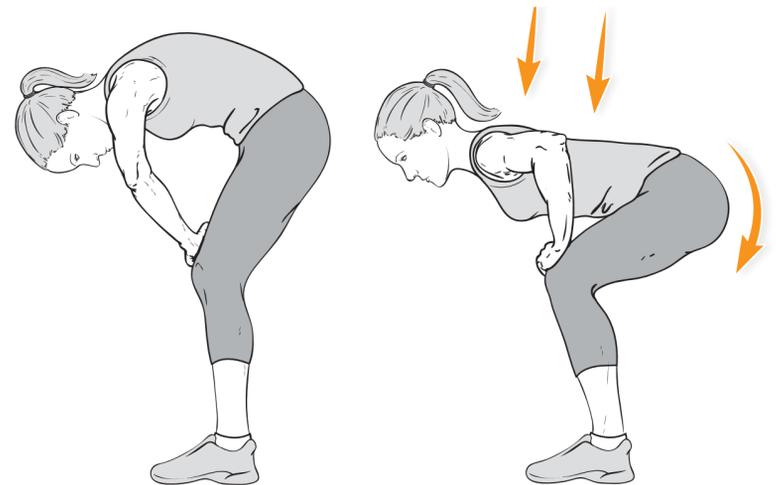


BACK

CALF & TOE RAISER



STANDING CAT STRETCH

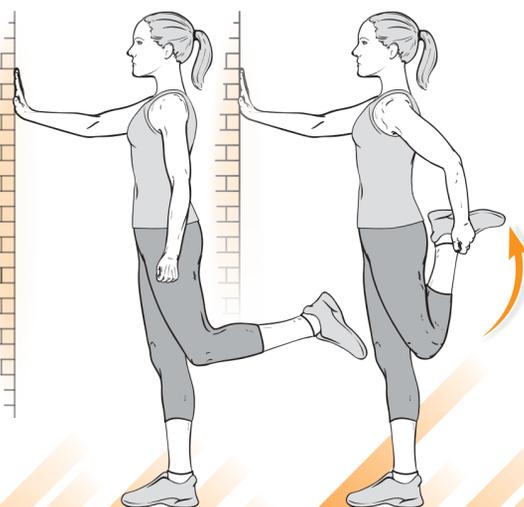


CALF STRETCHES



LEG

QUADRACEPS STRETCH



HAND & FINGER STRETCH



HAND

WRIST AND FOREARM STRETCH

