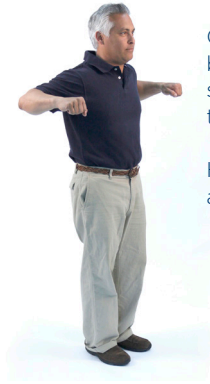


1. Shoulder Pinch



Gently pull elbows back, "pinching" shoulder blades together.

Hold for 10 count and relax.

2. Arm Across Stretch



Cross arm in front of body at chest level with elbows bent. Pull elbow.

Hold for 10 count. Repeat opposite side.

3. Palm Stretch



Using heel of one hand, gently push back fingers of the other.

Hold for 10 count. Do not overextend. Repeat opposite side.

4. Low Back Stretch



While standing, feet shoulder-width apart, place hands at lower back. Slowly arch back while looking up.

Hold for 10 count.

5. Single Knee to Chest



Stand with your back flat against a secure surface. Use both hands locked below the knees. Bring the knee to the chest.

Hold for a 10 count. Repeat opposite side.

6. Calf Stretch



Stand with a staggered stance chest up position. Keep the heel of the back leg on the floor. Slightly bend the forward leg, feeling a stretch in the calf.

Hold for a 10 count. Repeat opposite side.

7. Quad Stretch



While standing, support body by holding table or wall. Grasp ankle and pull foot to buttocks. Do not lean forward.

Hold for 10 count. Repeat opposite side.

8. Hamstring Stretch



Start

While standing, feet shoulder-width apart, squat down with hands on knees. Move elbows down to thighs and slowly straighten legs.

Hold for 10 count. When finished, return to squat position. Slowly stand using arm support.

Finish



REMEMBER: Never hold your breath during stretches. Stop if feeling discomfort or dizziness. Always consult a doctor if you ve a known medical condition.

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