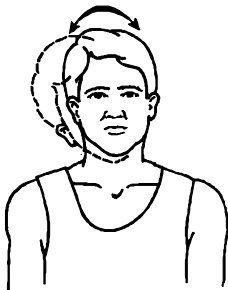


NECK - 2 Side Benders

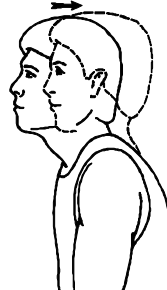
Slowly tilt head toward one shoulder. Hold ____ seconds. Repeat toward other shoulder.



Repeat ____ times.
 Do ____ sessions per day.

NECK - 1 Flexors

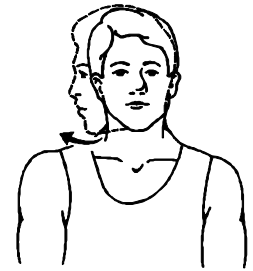
Pull head straight back, keeping jaws and eyes level. Hold ____ seconds.



Repeat ____ times.
 Do ____ sessions per day.

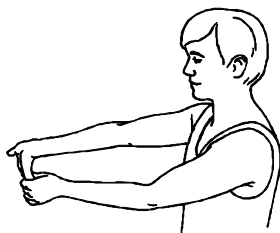
NECK - 6 Rotators

Turn head slowly to look over one shoulder. Hold ____ seconds. Repeat toward other shoulder.



Repeat ____ times.
 Do ____ sessions per day.

ARMS - 2 Wrist / Flexors

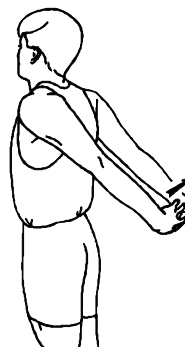


Stretch arm out in front with elbow straight and palm facing away. With other hand, pull fingers backward until a stretch is felt over inside of forearm. Hold ____ seconds.

Repeat ____ times. Do ____ sessions per day.

ARMS - 1 Biceps

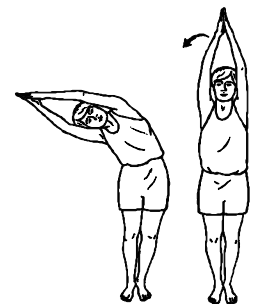
With arms straight and fingers interlaced, raise arms until stretch is felt. Hold ____ seconds.



Repeat ____ times.
 Do ____ sessions per day.

HIP OBLIQUE - 4 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.

ARMS - 5 Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold ____ seconds.



Repeat ____ times.
 Do ____ sessions per day.

SHOULDERS - 3 Posterior Deltoids / Rhomboids

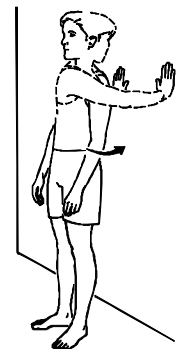
Pull arm across chest until stretch is felt. Turn head away from pull. Hold ____ seconds. Repeat with other arm.



Repeat ____ times.
 Do ____ sessions per day.

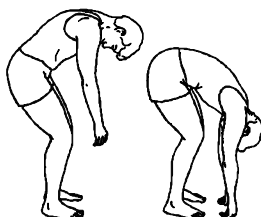
UPPER BACK - 3 Rotators

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.

HAMSTRINGS - 5 Forward Bend

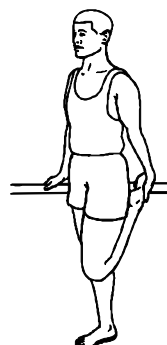


With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold ____ seconds. Bend knees further to return to standing position.

Repeat ____ times. Do ____ sessions per day.

UPPER LEG - 2 Quadriceps

Pull heel toward buttocks until stretch is felt in front of thigh. Hold ____ seconds. Repeat with other heel.



Repeat ____ times.
 Do ____ sessions per day.

GROIN - 3 Thigh Adductors

Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold ____ seconds.



Repeat ____ times.
 Do ____ sessions per day.