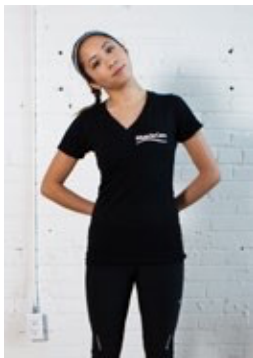


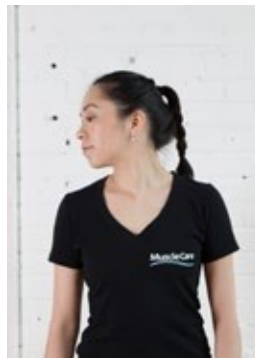
THE DAILY STRETCHING ROUTINE

The “**Super Six Rules**” to Stretching Successfully

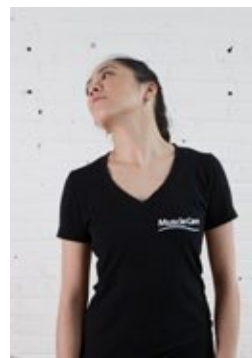
- 1 Warm up (walk on the spot for 1-5 minutes)
- 2 Hold each stretch one repetition, for 30 seconds
- 3 Do not bounce (hold in comfortable position)
- 4 Be gentle (no pain)
- 5 Breathe deeply
- 6 Stretch both sides equally



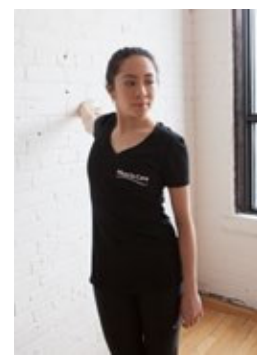
SIDE OF NECK



BACK OF NECK



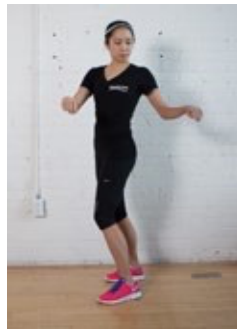
FRONT OF NECK



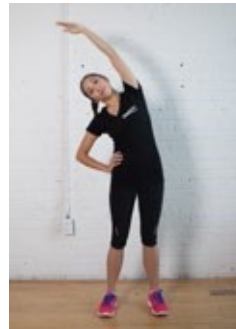
CHEST



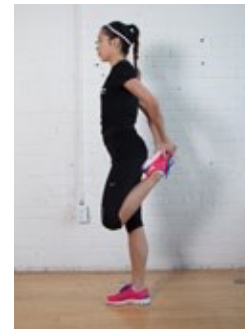
SHOULDER/
ROTATOR CUFF



SPINAL TWIST



SIDE OF SPINE



THIGH



HIP FLEXOR/PSOAS



MIDDLE CALF



LOW BACK



HAMSTRING