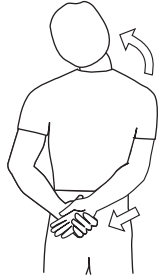
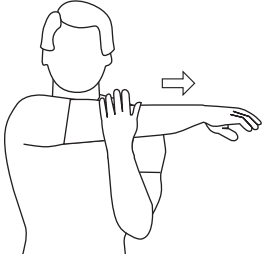


Stretching Guide

Hold each stretching pose until you feel a good stretch, but it's not painful.
Each stretch should be held 2 - 3 times for 30 seconds.

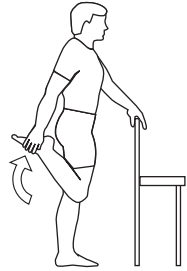
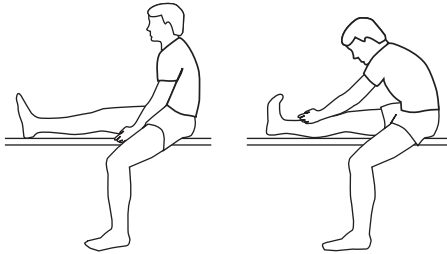
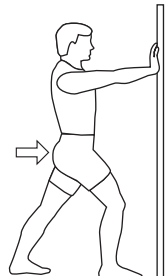
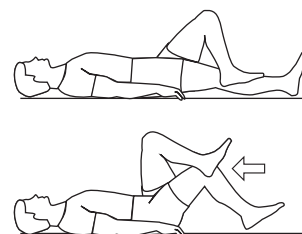
Please ask a fitness specialist if you have any questions!

<p>Upper Trap & Neck</p>  <ul style="list-style-type: none"> • Place one arm behind back • Grasp this arm with your opposite hand • Bend neck sideways as you gently pull on arm that is behind you 	<p>Posterior Shoulder</p>  <ul style="list-style-type: none"> • Bring one arm across in front of body • Hold elbow with other arm • Gently push arm across chest until a stretch is felt in the back of the shoulder of the arm being pushed.
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Stretching Guide

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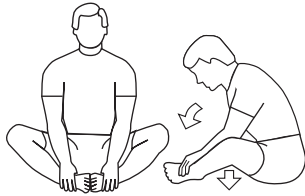
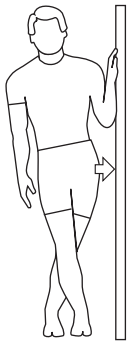
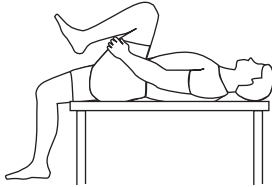
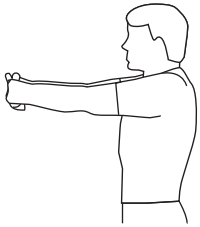
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<p>Standing Quadricep</p>  <ul style="list-style-type: none"> • Stand on one leg, using bar for balance • Raise heel of leg to be stretched towards buttocks • Reach behind you with one hand and grasp your raised foot • Gently pull your heel towards your buttocks without feeling any discomfort 	<p>Seated or Standing Hamstring</p>  <ul style="list-style-type: none"> • In seated or standing position, prop single leg up in front of you • Keeping leg as straight as possible, gently reach towards toes
<p>Standing Calf</p>  <ul style="list-style-type: none"> • Stand facing wall and hold on to bar • Step forward with one leg pushing pelvis forward • Keep rear heel flat on floor 	<p>Glute</p>  <ul style="list-style-type: none"> • Lie on back, knees bent • Rest left ankle over right knee • Gently lift right knee up to chest until stretch is felt • Repeat on other side

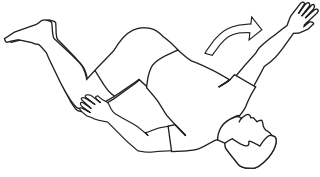
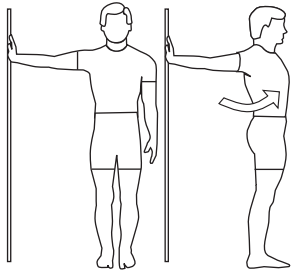
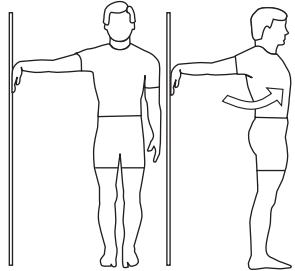
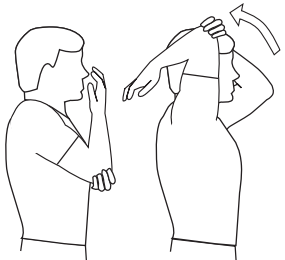
Stretching Guide

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<p>Groin 'Butterfly'</p>  <ul style="list-style-type: none"> • Sit with knees bent, soles of feet together • Grasping ankles, gently push knees down towards the mat/floor 	<p>IT Band</p>  <ul style="list-style-type: none"> • Stand next to wall, about a foot away, with leg to be stretched toward wall • Cross other leg over in front and lean leg to be stretched into wall
<p>Hip Flexor</p>  <ul style="list-style-type: none"> • Lie on table or firm bench with half of your thigh off table • Bring both knees to chest • Flatten back against table • Lower one leg while holding other to chest 	<p>Upper Back Stretch</p>  <ul style="list-style-type: none"> • Interlock fingers of both hands straight out in front of you • With palms facing towards you, gently push hands away from you • Be sure to keep shoulders relaxed and shoulder blades pushed down towards hips

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<p>Lower Back Rotation</p>  <ul style="list-style-type: none"> • Lie flat on back with knees bent • Keeping shoulders in contact with mat, gently rotate hips in one direction allowing knees to fall towards mat • Return to starting position and repeat on other side 	<p>Chest</p>  <ul style="list-style-type: none"> • Stand with one hand on doorway, thumb up position • Gently turn away from the doorway, keeping back straight
<p>Bicep</p>  <ul style="list-style-type: none"> • Stand with one hand on doorway, thumb down positioning • Gently turn away from doorway, keeping arm straight 	<p>Tricep</p>  <ul style="list-style-type: none"> • Reach one arm up to the ceiling, keeping your shoulder relaxed • Bend your elbow placing your hand toward them middle of your back • Use your opposite hand to apply gentle pressure to elbow to deepen the stretch