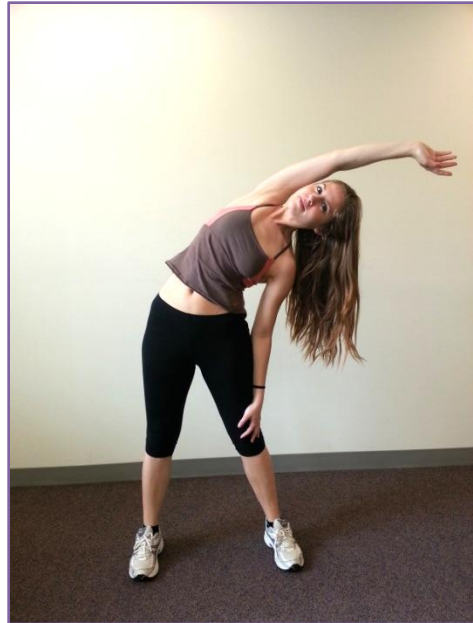


Stretches



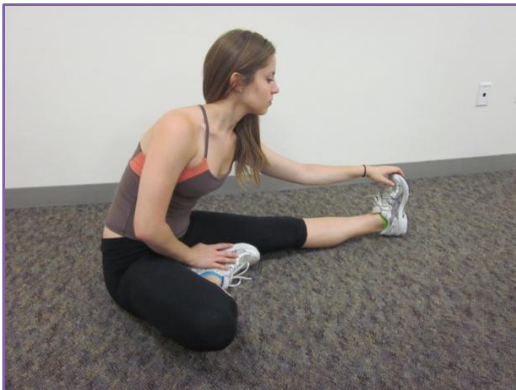
Calf Stretch

Stand facing a wall with one leg straight behind you at an angle. Keep the heel touching the ground. Bend front leg and lean into the wall.



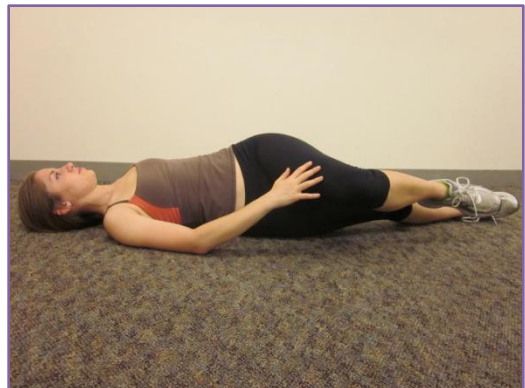
Side Stretch

Stand with legs apart (a little wider than your hips). Raise one arm and reach toward the opposite side.



Hamstring Stretch

Sit on the floor with one leg straight out in front of you and the other bent at the knee. Tuck chin, reach towards toes of the outreached leg and hold.



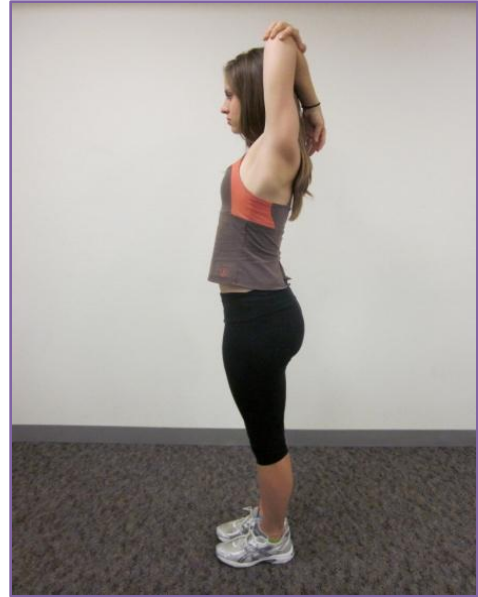
Back Twist

Lay on your back on the floor. Straighten one leg. Bend the other leg and bring the knee across your body while keeping both of your shoulder blades on the floor.



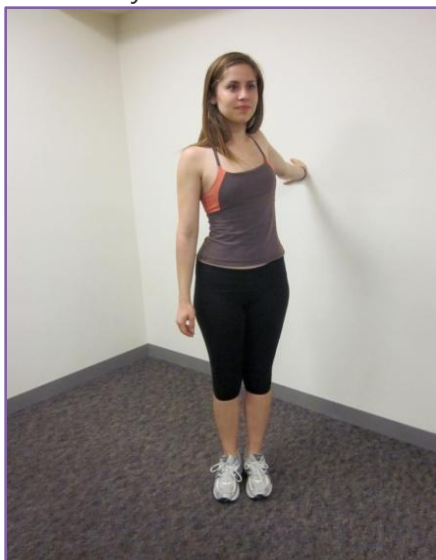
Thigh Stretch

Put one hand on the wall or a chair for balance. With the other hand, reach back and gently grab your ankle and bring your heel towards your butt.



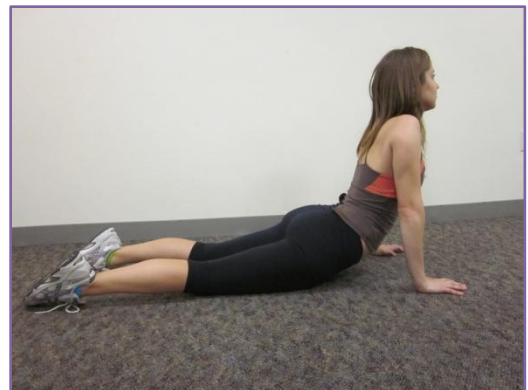
Triceps Stretch

Raise one arm, and bend the elbow so the elbow is pointing towards the ceiling. Reach toward the middle of your back with your fingertips. If needed, place other hand on elbow, gently pushing arm down and back.



Shoulder/Chest Stretch

Place palm of one hand on a wall with thumb pointed toward the ceiling while standing. Straighten arm and rotate body away from the wall.



Abdominal Stretch

Lay on your stomach on the floor. Place hands next to hips and push your upper body off of ground while arching your back.



Adductor Stretch

Spread feet out to the sides greater than shoulder width apart with toes pointed forward. While keeping the chest up, bend one knee and lean towards that same side.