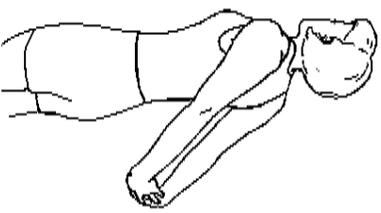


Routine For:
Created By:

Oct 17, 2012

ARMS - 1 Biceps

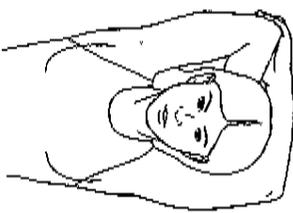
With arms straight and fingers interlaced raise arms until stretch is felt. Hold 2-3 seconds.



Repeat 5-10 times.
Do 1 sessions per day.

ARMS - 3 Triceps

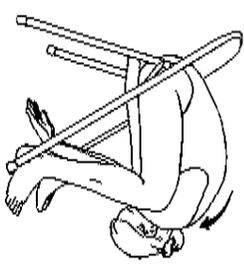
Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 2-3 seconds.



Repeat 5-10 times.
Do 1 sessions per day.

LOWER BACK - 3 Mid and Lower Extensors

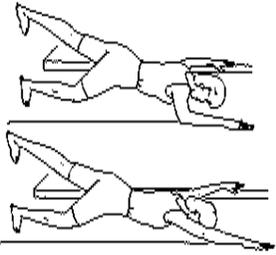
Lean forward until stretch is felt. For greater stretch, move arms toward back legs of chair. To return, put forearms on knees and push up. Hold 2-3 seconds.



Repeat 5-10 times. Do 1 sessions per day.

CHEST - 6 Pectorals

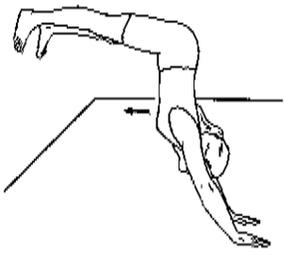
With arms forming a T, lean forward until stretch is felt. Hold 2-3 seconds. Slide arms up to form a V and repeat the stretch.



Repeat 5-10 times.
Do 1 sessions per day.

SHOULDERS - 6 Extensors

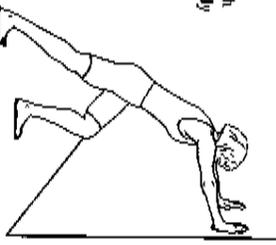
With hands on wall or rail and feet shoulder-width apart, move chest forward floor. Hold 2-3 seconds.



Repeat 5-10 times.
Do 1 sessions per day.

LOWER LEG - 8 Gastroc

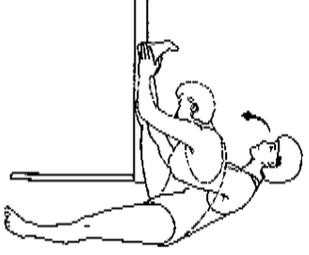
Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 2-3 seconds. Repeat with other leg.



Repeat 5-10 times.
Do 1 sessions per day.

HAMSTRINGS - 8 Forward Bend, Elevated

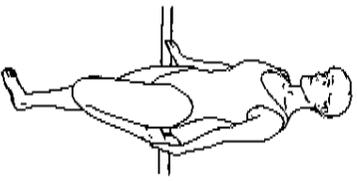
With foot on chair or stool, lean forward until stretch is felt. Hold 2-3 seconds. For more stretch, place foot on higher plane.



Repeat 5-10 times.
Do 1 sessions per day.

UPPER LEG - 2 Quadriceps

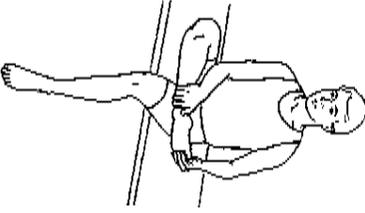
Pull heel toward buttocks until stretch is felt in front of thigh. Hold 2-3 seconds. Repeat with other heel.



Repeat 5-10 times.
Do 1 sessions per day.

LOWER LEG - 3 Ankle - Dorsiflexion / Toe Extensors

Cross leg over and bend forward at the waist keeping the back straight. Hold for 15 - 30 seconds. To return, put forearms on knees and push up. Repeat with other foot.



Repeat 2 times.
Do 1 sessions per day.