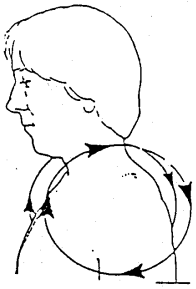
Stretch your Limits!

SHOULDERS & SIDES OVERHEAD STRETCH
Entwine fingers, palms to ceiling, press palms up. Stretch up one side, then the other. Gently stretch arms back without arching back. Have knees slightly bent and hips tucked.

SHOULDERS & CHEST
Entwine fingers, arms behind you. Rotate shoulder blades toward each other and gently stretch up. Have knees slightly bent and hips tucked.

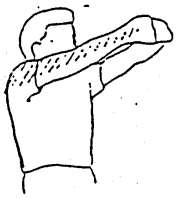
Alternate: Place one hand on wall or doorjamb. Rotate torso away from arm.

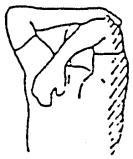
SHOULDER ROTATIONS
Make big, slow rotations with the shoulders in both directions,inhaling as you rotate up, exhaling as therotation moves down.



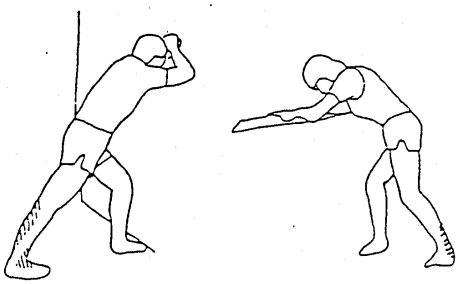
SHOULDERS, ARMS AND BACK
Entwine fingers, palms facing out, and round out between the shoulder blades.

BACK OF UPPER ARM (TRICEPS)
Gently stretch arm across behind head, using opposite hand to facilitate (do no put pressure directly on elbow joint)



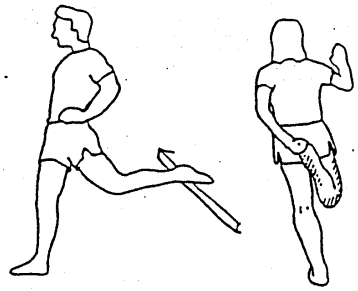


NECK
Release head to one side, keeping shoulders relaxed. Hold. Rotate head forward, and then to second shoulder, holding at both points.



UPPER CALF (GASTROCNEMIUS) Bend front leg, extend back leg with foot perpendicular to wall until feel stretch. Drop hips forward to intensify, keep heel on ground.

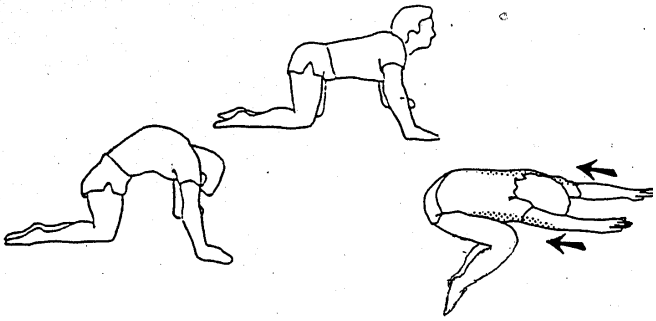
LOWER CALF (SOLEUS & ACHILLES TENDON)
Now tuck hips in and bend back knee, keeping heel down.



FRONT OF THIGH (QUADRICEPS) & HIP FLEXORS
Bring foot up behind on object of comfortable height. Push hip forward to create stretch.

ALTERNATE: Hold top of foot, ankle pant, or heel of shoe with same or opposite hand. Press hip forward, stretch down and back with knee. This one can be done lying on side holding with same side hand.

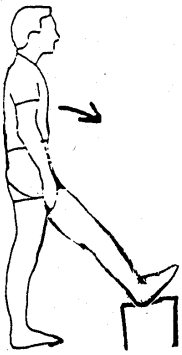
SHIN
Hold toes during quadricep stretches listed above and focus on stretching shin.



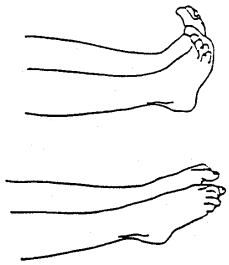
CAT STRETCH FOR BACK & NECK
Round your back, drop chin towards chest. Expand back, focusing on stretching sensations all along spine.

Drop hips back toward heels, stretching along sides and down arms. Stretch down one side of body, then the other.

ALTERNATE:
With knees bent, gently round back, placing hands on thighs. Gently expand back. Stretch one side of back, then the other.

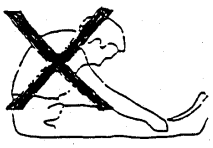


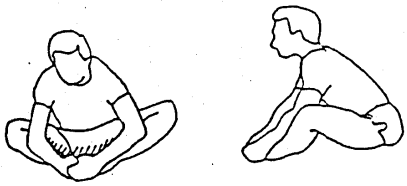
BACK OF THIGH
Place heel on object of comfortable height with supporting leg slightly bent. Bend from hips, bringing abdomen toward thigh.



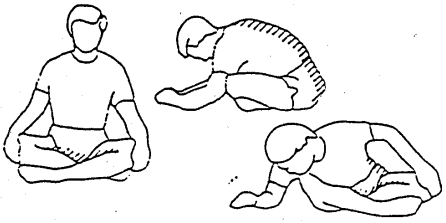
ANKLES
Sitting wiith legs extended, stretch ankles into point, rotate towards each other, rotate to flex position, rotate away from each other, holdingt at each point. Practice similar stretches with wrists.

SITTING HAMSTRING STRETCH
Bend forward from the hips, reaching the abdomen towards thigh. If unable to sit angle, use hands for support behind hips as you stretch forward.





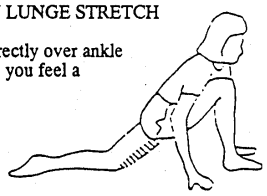
GROIN STRETCH
With soles of feet placed a comfortable distance in front, bend forward from hips. Again, use hands for support from behind if unable to sit at 90 degrees, or sit against a wall.

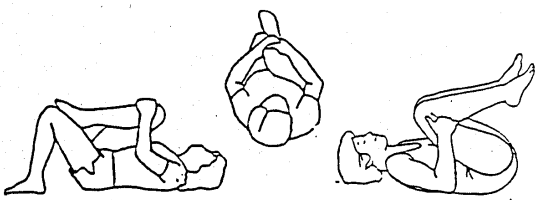


CROSS-LEG STRETCH
Lean forward from hips until you feel comfortable stretch in the back and insides of legs. Now stretch towards one knee, then the other.

HIP FLEXOR & GROIN LUNGE STRETCH

Lunge with front knee directly over ankle (not in front of foot) until you feel a gentle stretch.

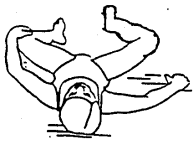




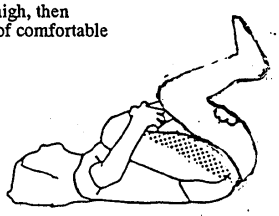
KNEE TO CHEST STRETCH FOR LOW BACK & HIPS
Pull knee to chest, repeat opposite side.

Repeat, now pulling knee across body to stretch outside of hip. Pull both knees toward chest.

INNER THIGH STRADDLE STRETCH
From previous pose allow legs to come apart, using hands as needed to control stretch.

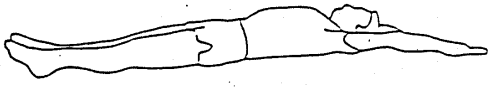


HIP ABDUCTOR STRETCH
Cross shin over opposite thigh, then gently raise thigh to point of comfortable stretch.



RECLINED HAMSTRING STRETCH
Extend leg toward ceiling.
Hold at point of comfortable stretch.

HIP ROTATOR & LOW BACK
Cross bent leg over extended leg.
Gently stretch knee down toward floor.
VARIATION: Hook toes behind knee.
VARIATION: From knees tucked to chest position, drop both knees over to one side, then other.



SYMMETRICAL STRETCH
Stretch up and down the body from the abdomen. Repeat, stretching opposite sides of the body.
NOW RELAX!