
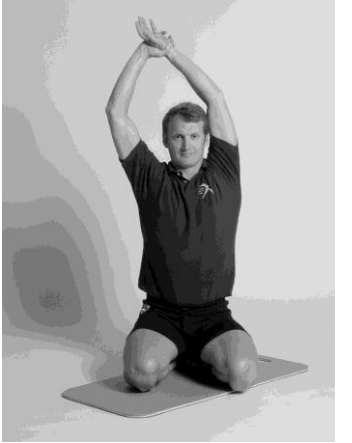
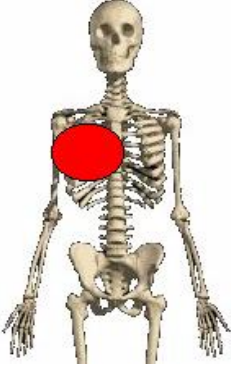
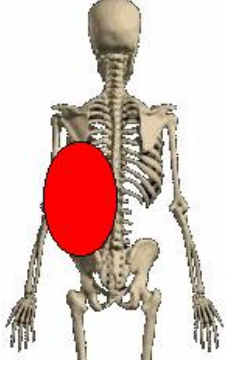





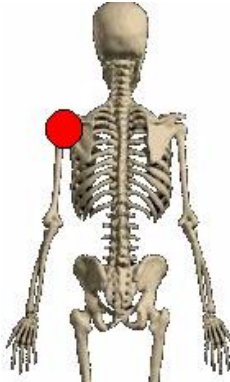


Stretching

Chest (Pec. major + Ant. deltoid)	"Chicken Wings"	Back (Latissimus dorsi)	"Superman"
<p>Method:</p> <ol style="list-style-type: none">1) Stand tall and maintain proper lumbar curve.2) Place palms on lower back/buttocks.3) Draw elbows together.		<p>Method:</p> <ol style="list-style-type: none">1) Reach hands overhead and grasp one wrist.2) Gently draw grasped hand up and across.3) Slight lean in body may deepen stretch.	
<p>Technique Points:</p> <ol style="list-style-type: none">1) "Double Chin".2) Maintain lumbar posture. <p>Alternate Position:</p> <ol style="list-style-type: none">3) Crucifix.		<p>Technique Points:</p> <ol style="list-style-type: none">1) Avoid linking fingers or locking elbows.2) Keep chin off chest.	


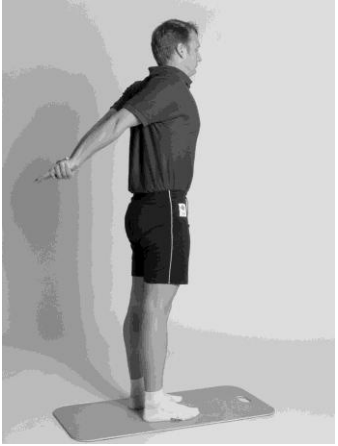
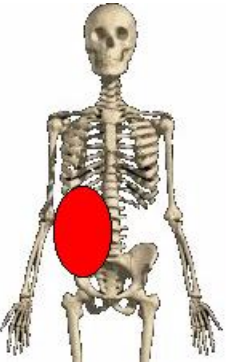
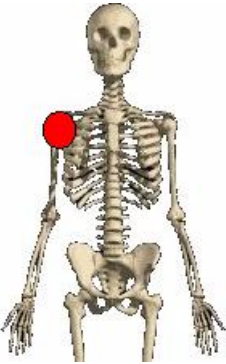


Stretching

Back of Arms (Triceps)	"Inverted Prayer"	Back of Shoulder (Medial and Post. deltoid)	"Scarf Wrap"
<p>Method:</p> <ol style="list-style-type: none"> 4) Raise and extend both arms together. 5) When vertical, place palms together. 6) Reach hands behind head, between shoulder blades. 7) Turn palms away. 		<p>Method:</p> <ol style="list-style-type: none"> 4) Reach across chest. 5) Gently draw grasped arm towards body from above elbow. 6) Elevate or drop target arm slightly to find point of tension. 	
<p>Technique Points:</p> <ol style="list-style-type: none"> 4) Maintain lumbar posture. 5) Keep chin off chest. <p>Alternate Position:</p> <ol style="list-style-type: none"> 6) Single arm with elbow pushed by opposite hand. 		<p>Technique Points:</p> <ol style="list-style-type: none"> 3) Avoid rotating trunk. 4) Grasping hand is above elbow of target arm. 	



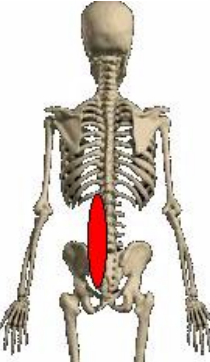



Stretching

Sides and Low Back (Obliques)	"Side Rolling"	Front of Shoulder (Anterior deltoid)	"Back Arm Lift"
<p>Method:</p> <ul style="list-style-type: none"> 8) Lie on back on floor. 9) Draws heels to buttock keeping feet on floor. 10) With outstretched arms, roll knees to one side and relax. 		<p>Method:</p> <ul style="list-style-type: none"> 7) Overlap hands behind back. 8) Gently draw hands up and away from body. 9) Maintain lumbar curve and keep chin off chest. 	
<p>Technique Points:</p> <ul style="list-style-type: none"> 7) Knees, ankles and toes stay touching. 8) Feet come off floor together. <p>Alternate Position:</p> <ul style="list-style-type: none"> 1) Extend top leg to increase stretch. 		<p>Technique Points:</p> <ul style="list-style-type: none"> 5) Elbows may bend slightly. 6) Maintain lumbar curve and keep chin off chest. 	


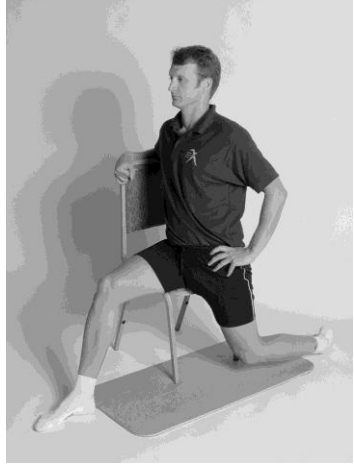
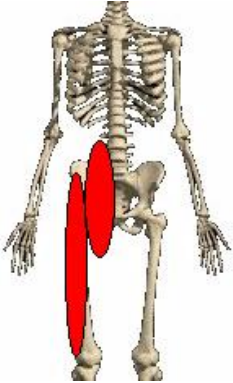
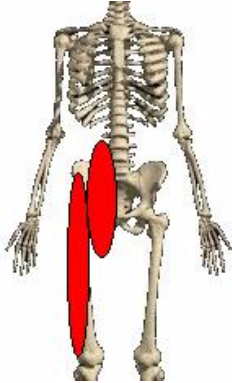


Stretching

Lower Back (Multifidus + Erector Spinae)	"Back Roll"	Upper Back (Rhomboids)	"Tree Hugger"
<p>Method:</p> <ol style="list-style-type: none">11) Lie on back on floor.12) Bend knees and draw heels towards buttocks with feet in contact with floor.13) Use abdominal muscles to roll knees to chest.14) Hug legs; relax abs.		<p>Method:</p> <ol style="list-style-type: none">10) Reach hands in front of body and overlap hands.11) With elbows bent to sides, try to hug a large barrel or big tree.12) Draw shoulder blades apart.	
<p>Technique Points:</p> <ol style="list-style-type: none">9) Gentle stretch; no need to rock. <p>Alternate Position:</p> <ol style="list-style-type: none">10) Angry Cat stretch.		<p>Technique Points:</p> <ol style="list-style-type: none">7) Avoid linking fingers.8) Keep chin off chest.9) Note: not many people have tight rhomboids!	


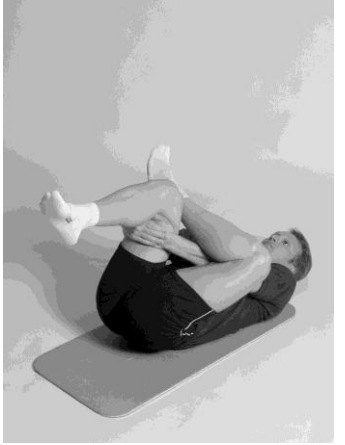




Stretching

Hip Flexors (Iliopsoas + Rectus femoris)	"Modified Lunge"	Alternate Position	"Seated Hip Flexor"
<p>Method:</p> <ul style="list-style-type: none">15) Assume deep lunge position with trailing knee in contact with floor.16) Trailing toes point to midline.17) Hold body tall with natural lumbar curve.18) Gently drive hips over lead leg.		<p>Method:</p> <ul style="list-style-type: none">13) Sit sideways on chair with one buttock on seat.14) Lean forward at waist and extend trail leg behind body.15) Raise body back to vertical.16) Avoid hyper-extending lower back.	
<p>Technique Points:</p> <ul style="list-style-type: none">11) Hips square and forward.12) Lead knee in line with lead toes.13) Avoid leaning forward at waist.		<p>Technique Points:</p> <ul style="list-style-type: none">10) Trailing toes point to midline.11) Use chair back for balance.12) Hips square; back flat.	

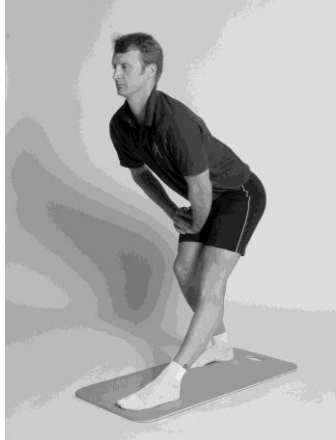





Stretching

Buttocks (Gluteus maximus)	"Seated Glutes"	Buttocks (Gluteus minimus + medius)	"Figure Four"
<p>Method:</p> <p>19) Sit tall with legs outstretched. 20) Flex knee of one leg and draw towards chest. 21) Place foot of bent leg outside opposite knee. 22) Draw bent knee closer to chest.</p>		<p>Method:</p> <p>17) Lying on back; bend knees to 90 degrees with feet on floor. 18) Raise one leg and place outside of one ankle against top opposite knee. 19) Grasp lower leg. 20) Draw legs towards chest.</p>	
<p>Technique Points:</p> <p>14) Sit tall; avoid rotation of spine. 15) Draw knee to chest to increase stretch.</p>		<p>Technique Points:</p> <p>13) Target leg is closest to chest. 14) Arm on target side goes through the "window". 15) Keep breathing!</p>	



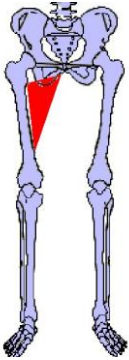
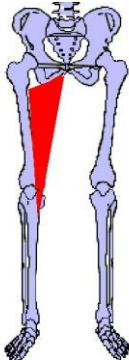


Stretching

Back of thighs (Hamstrings)	"Standing Hams"	Alternate Position	"Lying Hams"
<p>Method:</p> <p>23) Stand with feet staggered back to front.</p> <p>24) Keep forward knee straight; flex rear knee.</p> <p>25) Place hands on thigh of bent leg for support.</p> <p>26) Repeat for other leg.</p>		<p>Method:</p> <p>21) Lying on back.</p> <p>22) Keep target leg straight.</p> <p>23) May use aid to reach target foot.</p> <p>24) Draw target leg towards chest.</p> <p>25) Lower leg has "soft knee".</p>	
<p>Technique Points:</p> <p>16) Avoid leaning forward at waist.</p> <p>17) Raise buttocks to increase stretch.</p> <p>18) Keep toes of target leg on floor.</p> <p>19) Stabilising hands on balance leg.</p>		<p>Technique Points:</p> <p>16) Target leg straight.</p> <p>17) Draw on target leg gently.</p> <p>18) Keep hips on floor.</p>	



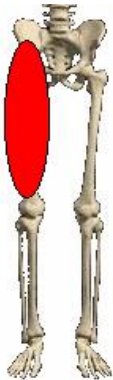
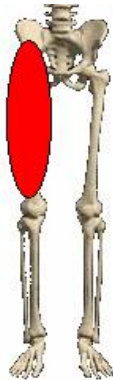


Stretching

Inner thighs (Short adductors)	"Butterfly Stretch"	Inner thighs (Long adductors)	"Seated Wide 'V'"
<p>Method:</p> <p>27) Sit tall with legs outstretched. 28) Draw heels towards buttocks while letting knees fall outwards and letting soles of the feet come together. 29) Let hands rest comfortably in any position that feels natural.</p>		<p>Method:</p> <p>26) Sit tall with legs outstretched. 27) Abduct legs to produce wide "V" in front of body. 28) Let hands rest comfortably in any position that feels natural</p>	
<p>Technique Points:</p> <p>20) Sit tall and avoid slouching forward. 21) Let gravity do the work. 22) No need to force knees to floor.</p>		<p>Technique Points:</p> <p>1) Sit tall and avoid slouching forward. 2) Keep knees straight.</p>	






Stretching

Front of thighs (Quadriceps)	"Standing Quads"	Alternate Position	"Lying Quads"
<p>Method:</p> <p>30) Stand tall with support for balance.</p> <p>31) Draw heel towards buttock while keeping knees together.</p> <p>32) Increase stretch by pushing hip forward rather than pulling heel closer to buttock.</p>		<p>Method:</p> <p>29) Lying on side.</p> <p>30) Support neck rather than head.</p> <p>31) Topmost leg is the target leg.</p>	
<p>Technique Points:</p> <p>23) Avoid leaning forward at waist.</p> <p>24) Hold shin rather than foot.</p> <p>25) Keep knees together.</p> <p>26) Hips forward rather than "heel to buttocks".</p>		<p>Technique Points:</p> <p>19) Avoid collapsing forward at waist.</p> <p>20) Hold shin rather than foot.</p> <p>21) Keep knees together.</p> <p>22) Hips forward rather than "heel to buttocks".</p>	



Stretching

Upper Calf (Gastrocnemius)	"Wall Pusher"	Lower Calf (Soleus)	"Modified Wall Pusher"
<p>Method:</p> <p>33) Stand tall with feet staggered front to back.</p> <p>34) Keep trail/target leg <u>straight</u>.</p> <p>35) Flex knee of lead leg and lean forward.</p> <p>36) Keep heel of target leg on floor.</p> <p>37) Use chair/wall/railing for support.</p>		<p>Method:</p> <p>32) As Upper Calf stretch but trail/target leg is <u>flexed</u> at knee.</p>	
<p>Technique Points:</p> <p>27) Keep hip/knee/toes in line.</p> <p>28) Trail/target leg is <u>straight</u>.</p> <p>29) Feet parallel + pointing forward.</p> <p>30) Avoid leaning forward at waist.</p>		<p>Technique Points:</p> <p>23) Keep knees over toes.</p> <p>24) Trail/target leg is <u>bent</u> at knee.</p> <p>25) Feet parallel + pointing forward.</p> <p>26) Avoid bending forward at waist.</p>	