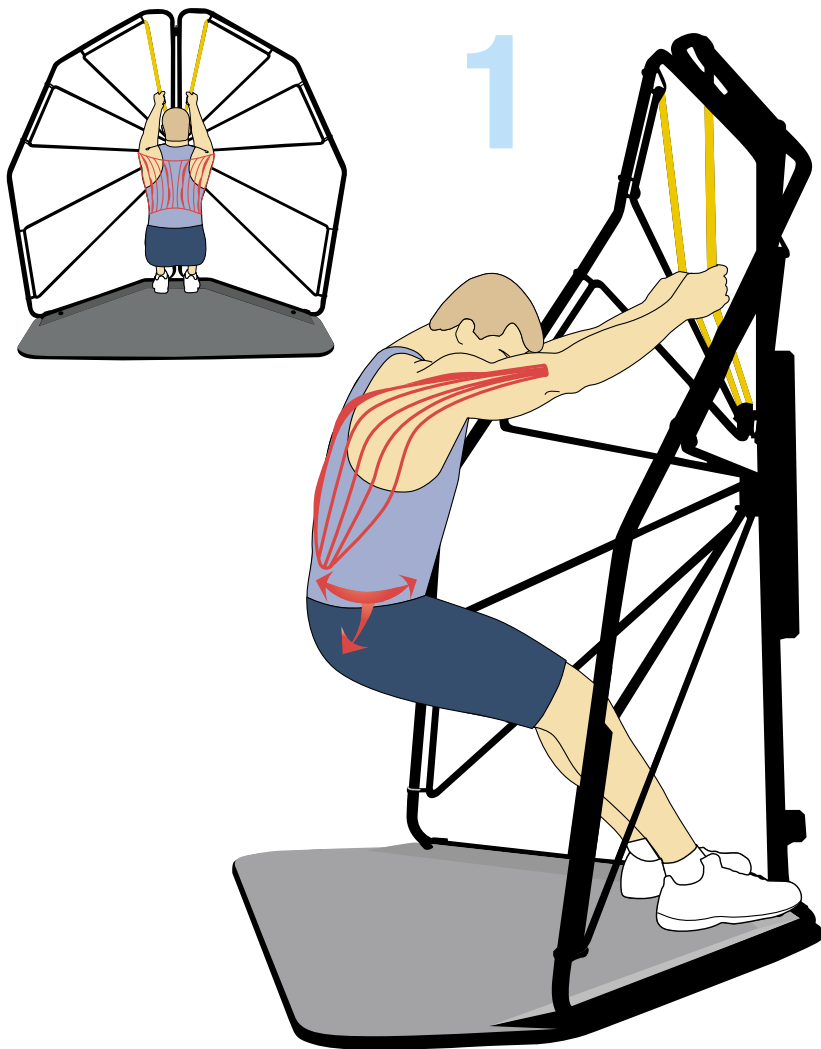


Stretch #1: Upper Back, Shoulders and Arms

- Place feet shoulder-width apart.
- Hold middle cords at chest height.
- Bend knees, lean back while dropping torso down. Hold.
- Turn torso to right with weight on right foot. Hold.
- Switch weight to left foot, repeat.

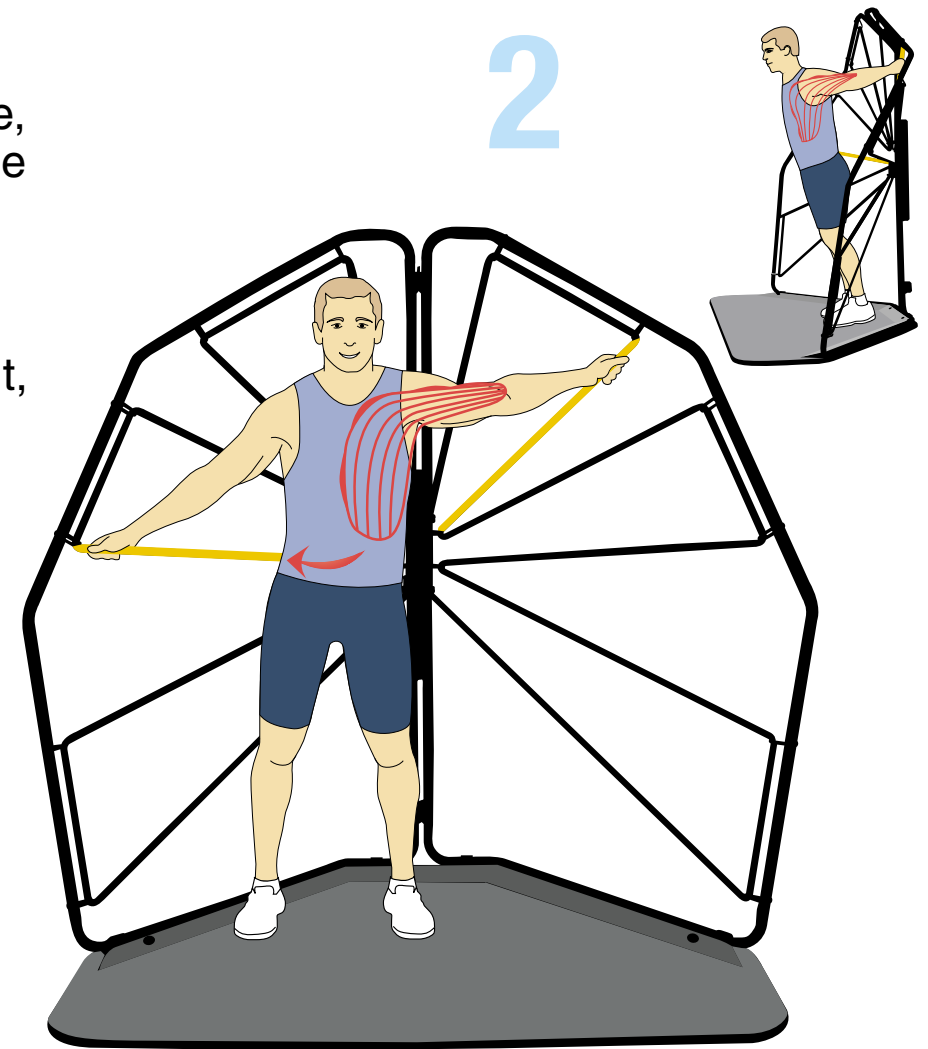


Before Getting Started

- Before beginning this, or any fitness regimen, seek advice from your physician.
- Move slowly throughout stretch; **DON'T BOUNCE.**

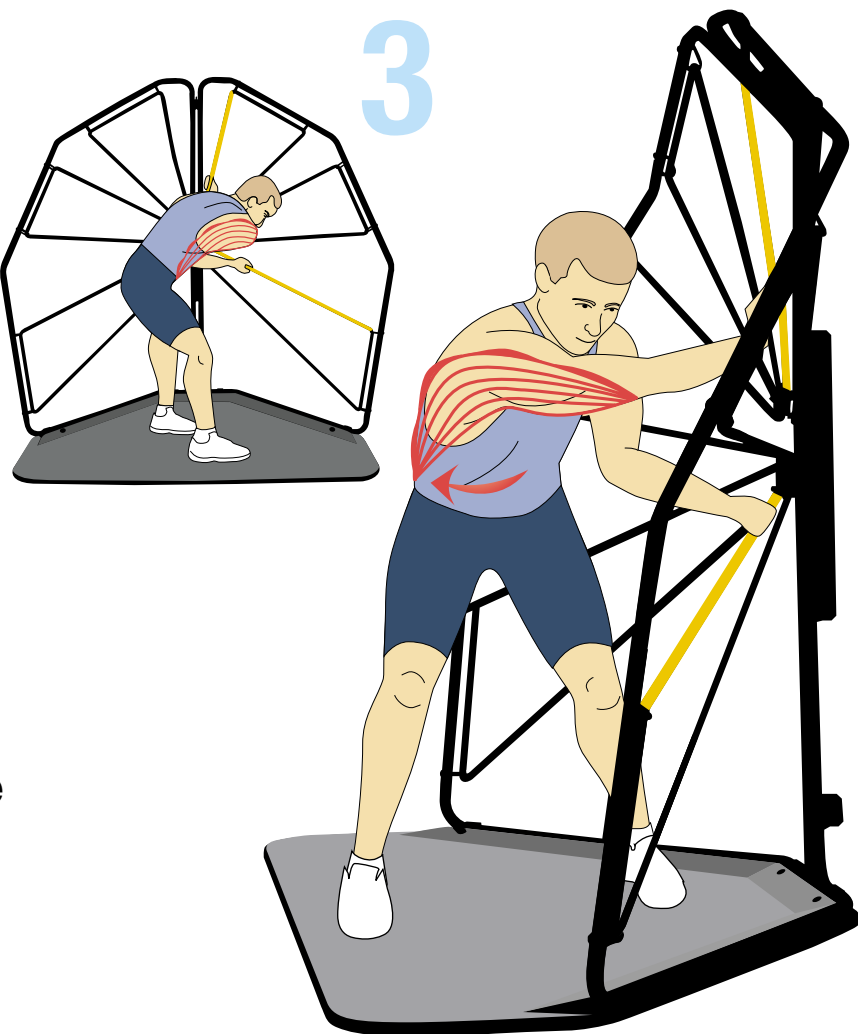
Stretch #2: Upper Front, Shoulders and Arms

- Place left foot in front of spine, right foot to side of left.
- Hold cord with left hand at shoulder height, right hand at waist height.
- Lean upper torso out. Hold.
- To deepen, turn torso to right.
- Switch to opposite side, repeat.



Stretch #3: Upper Back and Shoulder

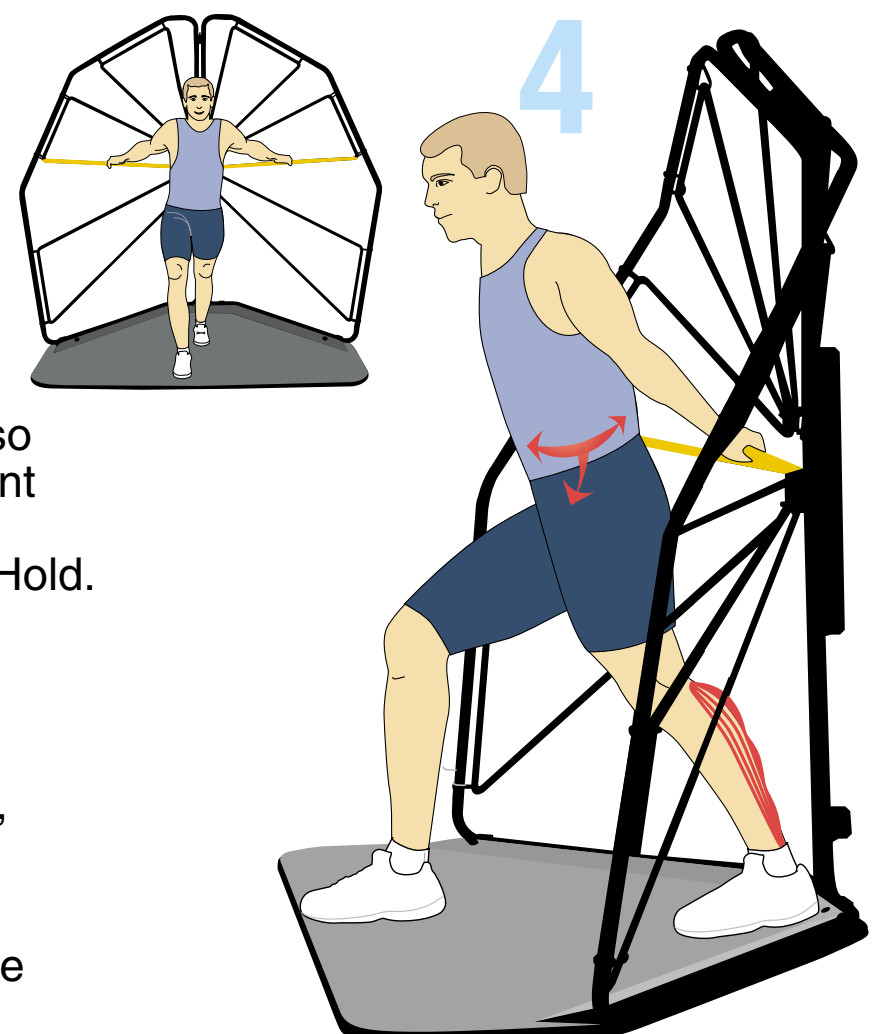
- Face right side, feet shoulder-width apart.
- Right arm across chest, left hand at waist height.
- Bend at waist, lean whole body to right. Hold.
- Rotate torso to right. Hold.
- Switch to opposite side, repeat.



- Maintain deep, relaxed breathing throughout the stretch.
- Once in position, before moving into the stretch, contract abdominal muscles.
- Always keep the supporting leg(s) in an unlocked position.

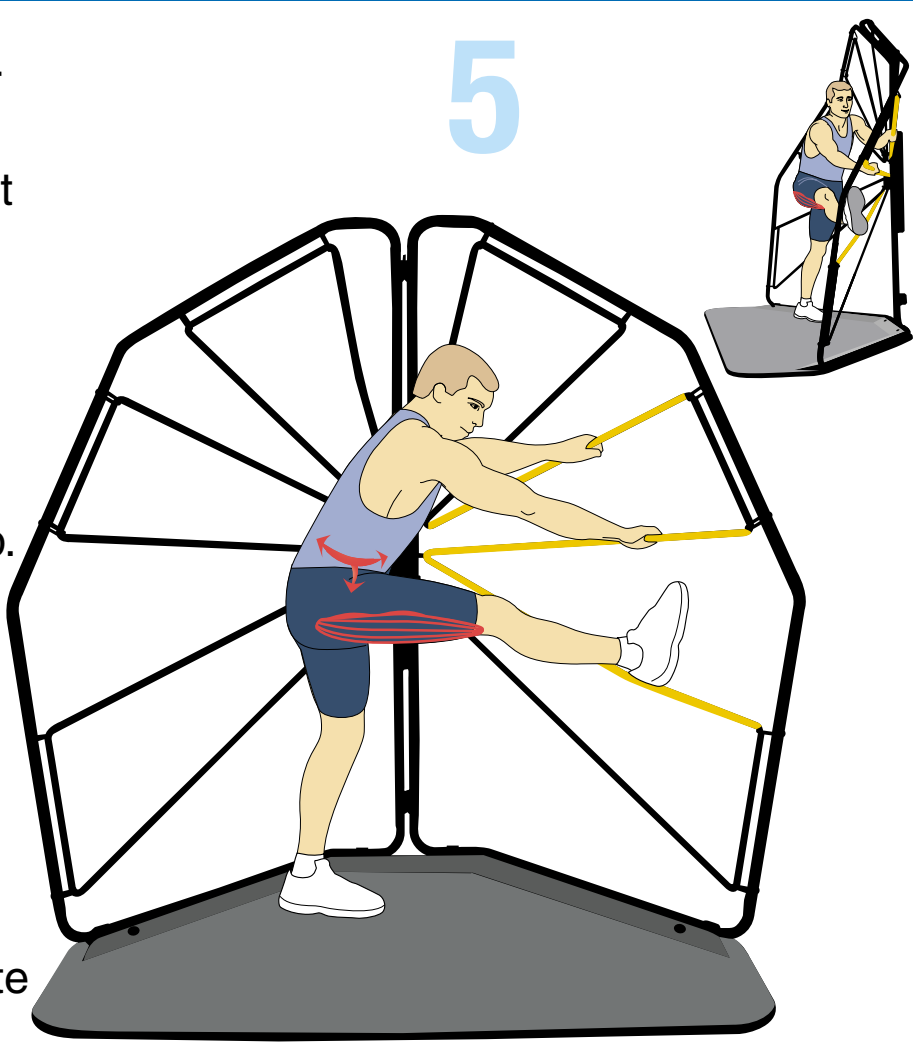
Stretch #4: Calf

- Place left foot in front of spine.
- Hold cord at waist height.
- Step forward with right foot.
- Bend front knee while leaning torso forward. Keep front heel positioned forward of knee. Hold.
- Bend back knee to feel stretch move down.
- Lean torso to left, feel stretch move across calf.
- Switch to opposite side, repeat.



Stretch #5: Hamstrings

- Face right side with left shoulder touching cord.
- Place left hand at chest height.
- Place right heel on cord.
- Place right hand at waist height. If foot slides down, pull back right hip.
- To deepen, slide hands forward. Hold.
- Turn torso to right. Hold.
- Turn torso to left. Hold.
- Switch to opposite side, repeat.



- Stretch to the point of gentle tension.
- Hold each stretch for 6-8 seconds.
- Stop at any sign of pain or discomfort.

Stretch #6: Quadriceps

- Face right side with left foot beside right.
- Hold cord with left hand at waist height.
- Bring left foot back with top resting on cord.
- Lean torso back. Hold.
- To deepen, slide foot up higher or move to higher cord.
- Turn torso to right without leaning shoulders forward. Hold.
- Turn torso to left. Hold.
- Switch to opposite side, repeat.

