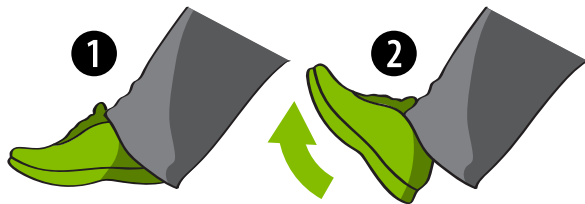


STRETCHING

Don't stretch too far, especially in the beginning. Breathe slowly, deeply and naturally. Don't bounce. Stretch and hold it. Think about the area you're stretching.

Feel the stretch. If you learn to stretch properly, you'll become more flexible over time. Warm up and cool down by stretching before and after each activity.



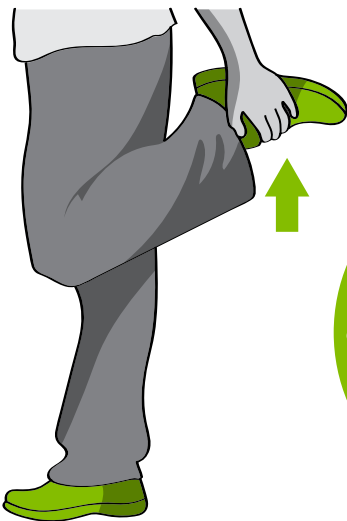
TOE POINTS

Point toes towards the floor and then point towards the ceiling.



STANDING CALF STRETCH

Place one foot in front of the other and lean forward to feel a stretch in the heel.



STANDING QUADRICEPS STRETCH

Bend your knee and lift your left foot towards your buttocks. Switch legs and repeat twice.

Go for a
brief walk for
approximately two
minutes prior
to stretching.



HAMSTRING & GROIN STRETCH

Gently try to reach the foot of your extended leg with your hands.



BUTTERFLY STRETCH

Bring your feet as close as possible to your buttocks. Keep your back straight and lean forward slightly.



LOWER BACK & HAMSTRING STRETCH

Place one hand under your knee and pull towards your chest while stretching out the other leg.