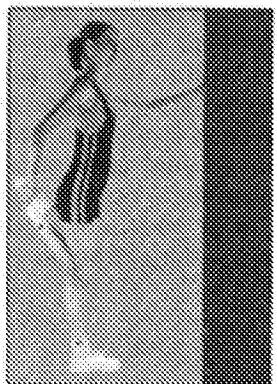


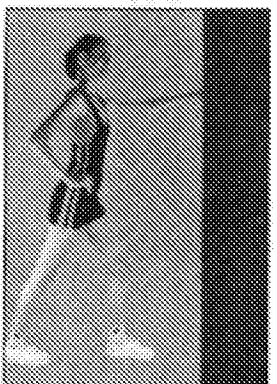
## STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or calisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.



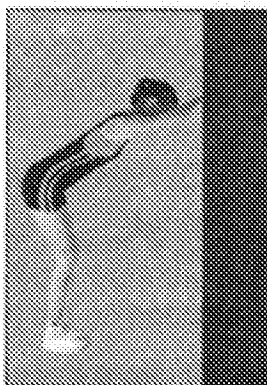
### 1. Quadriceps Stretch

Reach behind body with one hand, grasp top of foot and pull heel toward buttocks while maintaining an erect and upright posture. Hold for 20-30 seconds and release. Repeat for opposite leg.



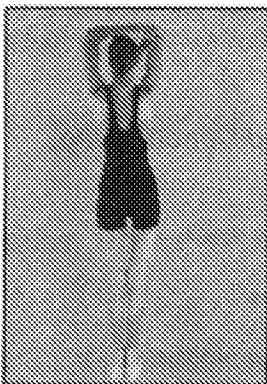
### 2. Calf, Achilles Stretch

Keeping back leg straight and foot flat on floor with toes pointed straight ahead, move hips forward by bending knee on front leg. Hold for 20-30 seconds and release. Repeat for opposite leg.



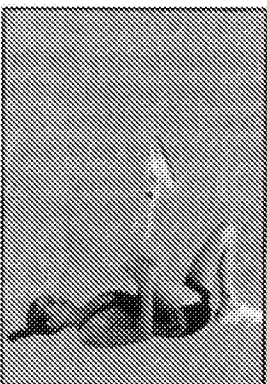
### 3. Back Stretch

With arms extended and hips directly over feet, lower upper body below hand level by bending at the knees. Hold for 20-30 seconds and release.



### 4. Rear Upper Arm Stretch

Grasp elbow and pull hand toward midline of the body while maintaining an erect and upright posture. Hold for 20-30 seconds and release. Repeat for opposite arm.

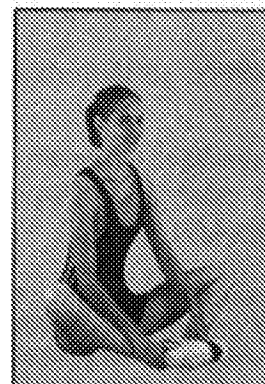
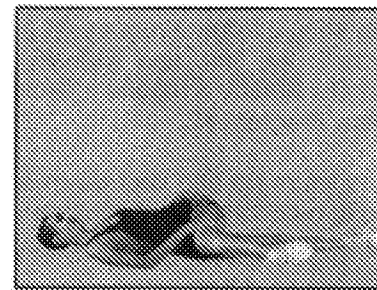


### 5. Hamstring, Lower Back Stretch

Holding thigh against upper body, extend leg toward ceiling. Hold for 20-30 seconds. Repeat for opposite leg.

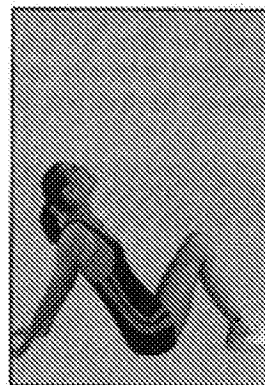
### 6. Buttocks, Hips, Abdominal Stretch

While keeping both shoulders in contact with the ground, gently pull knee toward the ground. Hold for 20-30 seconds and release. Repeat for opposite side.



### 7. Inner Thigh Stretch

With soles of feet together, lean forward from the waist while applying downward pressure to the inside of the knees. Hold for 20-30 seconds and release.



### 8. Chest, Shoulder, Upper Arm Stretch

Move buttocks forward away from arms while keeping arms extended back and palms on ground. Hold for 20-30 seconds and release.