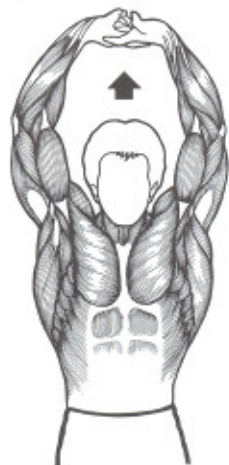


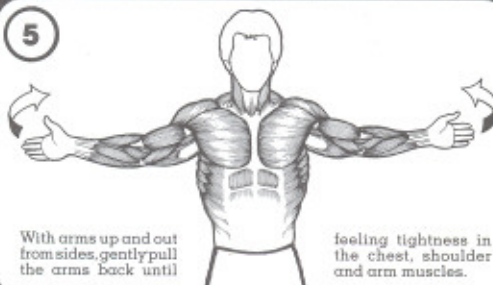
WEIGHT TRAINING FLEXIBILITY

1



Interlock fingers above head, pushing palms upward until reaching point of tightness and hold.

5



With arms up and out from sides, gently pull the arms back until

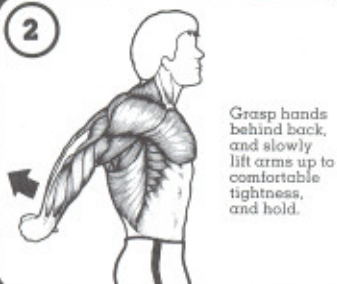
feeling tightness in the chest, shoulder and arm muscles.

9



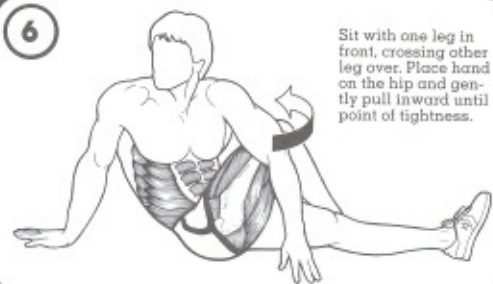
Standing on one leg, grasp other ankle and gently pull up and back toward the buttocks. Keep pelvis from tilting and torso upright.

2



Grasp hands behind back, and slowly lift arms up to comfortable tightness, and hold.

6



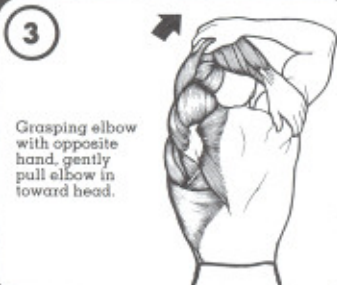
Sit with one leg in front, crossing other leg over. Place hand on the hip and gently pull inward until point of tightness.

10



Sit on floor with one leg bent, knee to the chest, the other leg straight. Lean forward, reaching out toward the toes.

3



Grasping elbow with opposite hand, gently pull elbow in toward head.

MUSCLE GUIDE

Upper Back, Shoulder, Back of Arm, Back, Side, Lower Back, Inner Thigh, Back of Thigh, Calf, Chest, Front of Arm, Forearm, Stomach, Buttocks, Thigh, Outer Thigh (Iliotibial band)

- Hold each stretch position for 30 seconds or longer.
- You should feel a "tight," but comfortable stretching sensation.
- Achieve each position slowly and gently.
- Avoid bouncing, jerking or quick movements - which increase muscle tightness.

11



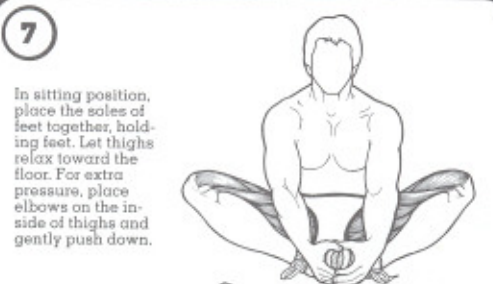
On the back, grasp below the knees and pull thighs in toward the chest, back remaining flat.

4



With feet about shoulder width, knees bent, extend one arm overhead, and the other arm reaching down, or across body. Bend at the waist until stretching out the side.

7



In sitting position, place the soles of feet together, holding feet. Let thighs relax toward the floor. For extra pressure, place elbows on the inside of thighs and gently push down.

12



Standing with one leg forward, knee bent, and the other leg behind and straight. Keep heel and foot of the back leg flat against the floor during stretching.

8



On the back, grasp thigh behind the knee, and gently pull toward chest, keeping leg straight and opposite leg bent.