1. Stretching

Acts 4:30 By **stretching** forth thine hand to heal; and that signs and wonders may be done by the name of thy holy child Jesus.

Isa 8:8 And he shall pass through Judah; he shall overflow and go over, he shall **reach even to the** neck; and the stretching out of his wings shall fill the breadth of thy land, O Immanuel.

Mat. 12:13 Then saith he to the man, Stretch forth thine hand. And he stretched it forth; and it was restored whole, like as the other.

1. Warm up suit

Job 37:17 How thy garments are warm, when he quieteth the earth by the south wind?

Job 31:20 If his loins have not blessed me, and if he were not warmed with the fleece of my sheep;

1. Press

Php 3:14 I **press** toward the mark for the prize of the high calling of God in Christ Jesus.

1. Walk Gen. 17:1—“**walk** before me, and be thou perfect”
2. Run Heb 12:1 “let us lay aside every weight, and the sin which doth so easily beset us, and let us **run** with patience the race that is set before us”
3. Curls with the Bible
4. Knee Bends in Much Prayer
5. Sit ups Ps 127:2 It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.
6. Neck exercises

Jer 27:2 Thus saith the LORD to me; Make thee bonds and yokes, and put them upon thy **neck,**

10.Heart burn

Luke 24:32 And they said one to another, Did not our **heart burn** within us, while he talked with us by the way, and while he opened to us the scriptures?