



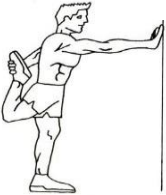





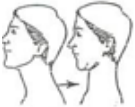




STRETCHING EXERCISES

Note: L+R= left and right side

1	L+R	2	3	L+R	4
					
Hold 20s, 3 sets		Hold 20s, rest 10s, 3 sets		Hold 20s, 3 sets	Hold 20s, rest 5s, 3 sets

5	L+R	6	L+R	7	L+R	8
						
Hold 20s, 3 sets		Hold 20s, 3 sets		Hold 20s, 3 sets		Hold up to 1min

9	10	L+R	11	L+R
 + 	 + 			
Hold 10s, 3 sets	Hold 10s, 3 sets		Hold 10s, 3 sets	