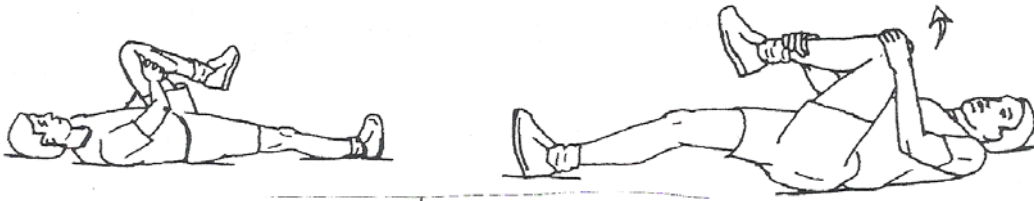


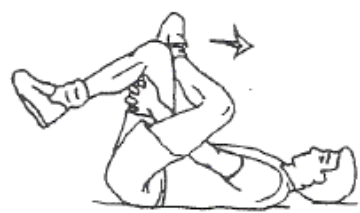
STRETCHING EXERCISES



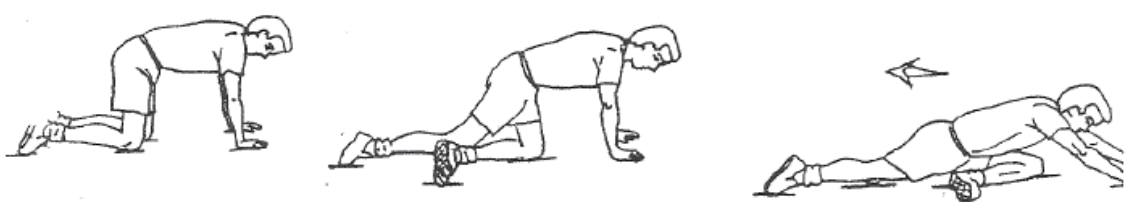
Gluteus and Hamstring Muscle Stretch. Perform as shown. Both legs.



Wall Lean. Stretch your right side as shown. Turn around and stretch your left side.



Legs together and flat with foot curled back. Flatten palms of the hand and touch the toes. Clasp hands behind one knee and raise the opposite leg across as shown above.



Hands and knees position. Cross left leg underneath and stretch arms forward while flattened. Return to hands and knees then perform the stretch with the opposite leg.