

STATIC STRETCHING

DIRECTIONS: Use this document as a guide on how to perform each exercise. There is a link at the bottom of the document that will provide you with a video and timer of each stretch. It is best to do these stretches before or after a workout.

BOTH LEGS OUT



RIGHT LEG OUT



LEFT LEG OUT

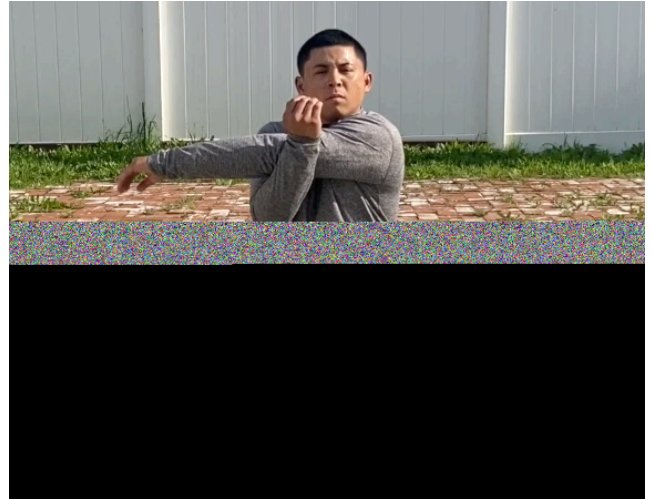


BUTTERFLIES



RIGHT ARM ACROSS

LEFT ARM ACROSS



RIGHT ARM BEHIND

LEFT ARM BEHIND



SMALL ARMS CIRCLES FORWARD



SMALL ARM CIRCLES BACKWARD



BIG ARM CIRCLES FORWARD



BIG ARM CIRCLES BACKWARD

