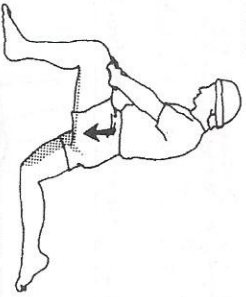
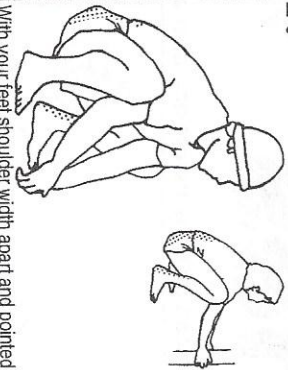


16



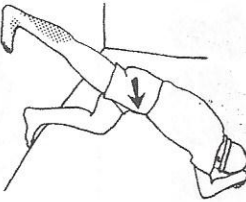
As shown in the drawing above, move one leg forward until the knee of the forward leg is directly over the ankle. Your other knee should be resting on the ground. Now without changing the position of the knee on the floor or the forward foot, lower the front of your hip downward to create an easy stretch. This stretch should be felt in front of the hip and possibly in your hamstrings and groin. This will help relieve tension in the lower back. Hold the stretch for 20-30 seconds. Repeat for other leg.

17



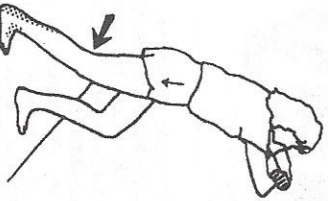
With your feet shoulder width apart and pointed out to about a 15 degree angle, heels on the ground, bend your knees and squat down. If you have trouble staying in this position hold onto something for support. It is a great stretch for your ankles, Achilles tendon area, groin, lower back and hips. Hold stretch for 15-20 seconds. Be careful if you have had any knee problems. If pain is present discontinue this stretch.

18



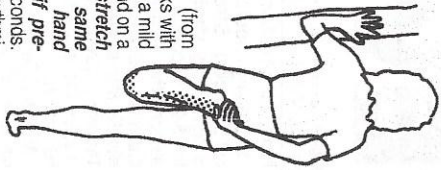
To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, your head resting on your hands. Bend one leg and place your foot on the ground in front of you leaving the other leg straight, behind you. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the ground and your toes pointed straight ahead. Hold an easy stretch for 20 seconds. Do not bounce. Stretch both legs.

19



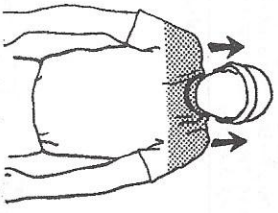
To stretch the soleus and Achilles tendon area, slightly bend the back knee, keeping the foot flat. This gives you a much lower stretch which is also good for maintaining or regaining ankle flexibility. 10 seconds, each leg. This area needs only a slight feeling of stretch.

20



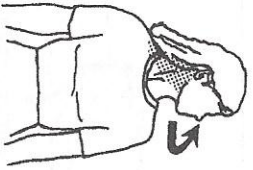
Gently pull your left foot (from inside of foot) toward buttocks with your right hand until you feel a mild stretch. Place your other hand on a support for balance. This stretch can also be done using same hand to same foot, with hand holding on top of foot, if preferred. Hold for 15 seconds. Stretch other leg. Breathe rhythmically.

21



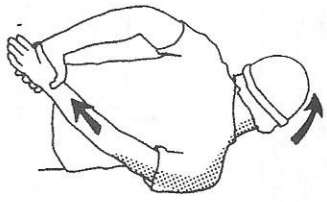
Shoulder Shrug: Raise the top of your shoulders toward your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3-5 seconds, then relax your shoulders downward into their normal position. Do this 2-3 times. Good to use at the first signs of tightness or tension in the shoulder and neck area.

22



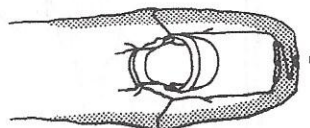
Turn your chin toward your left shoulder to create a stretch on the right side of your neck. Hold correct stretch tensions for 10-15 seconds. Stretch to each side twice.

23



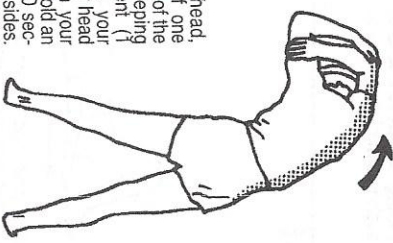
To stretch the side of your neck and top of shoulder, lean your head sideways toward your left shoulder as your left hand pulls your right arm down and across behind your back. Hold an easy stretch for 10 seconds. Repeat for other side. Be relaxed and breathe easily.

24



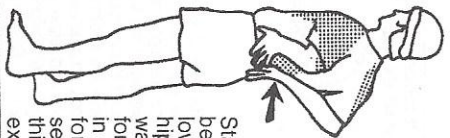
Interlace your fingers above your head. With your palms facing upward, push your arms slightly back and up. Feel the stretch in arms, shoulders and upper back. Hold stretch for 15 seconds. Do not hold your breath. This stretch is good to do anywhere, anytime.

25



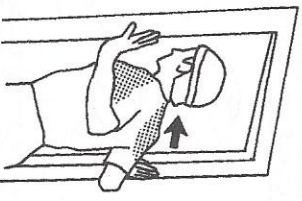
With arms overhead, hold the elbow of one arm with the hand of the other arm. Keeping knees slightly bent (1 inch), gently pull your elbow behind your head as you bend from your hips to the side. Hold an easy stretch for 10 seconds. Do both sides. Keeping your knees slightly bent will give you better balance.

26



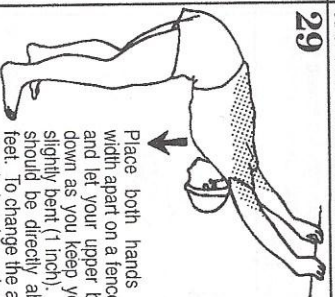
Standing with knees slightly bent, place your palms on lower back just above your hips, fingers pointing downward. Gently push your palms forward to create an extension in the lower back. Hold comfortable pressure for 10-12 seconds. Repeat twice. Use this stretch after sitting for an extended period of time.

27



Stand in a doorway and place your hands about shoulder height on either side of the doorway. Move your upper body forward until you feel a comfortable stretch in your arms and chest. Keep your chest and head up and knees slightly bent while doing this stretch. Hold stretch 15 seconds.

29



Place both hands shoulder width apart on a ledge or ledge and let your upper body drop down as you keep your knees slightly bent (1 inch). Your hips should be directly above your feet. To change the area of the stretch, bend your knees just a bit more and/or place your hands at different heights. Find a stretch that you can hold for at least 20 seconds. Remember to always bend your knees when coming out of this stretch.)



With your thumbs, massage up and down the longitudinal arch of your foot. Use circular motions with a good amount of pressure to loosen tissues. Do both feet. Always massage your feet for 2-3 minutes before and after activity or after sitting or standing for long periods of time. This will reduce unwanted tension and keep the feet and legs feeling good.



Elevate your feet. It is great for circulation and revitalization of tired legs and mind. Your lower back should be flat and not arched or off the floor. Do not elevate your feet for too long in the beginning; gradually increase the time (1-5 minutes, or longer).



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Bob and Jean Anderson, creators of this stretching chart are also the authors of the book, STRETCHING. Now a revised @2000 edition.