

CHEST AND ABDOMEN - 1 Abdominals (Mild)

With hands in small of back, arch back until stretch is felt. Hold ____ seconds.

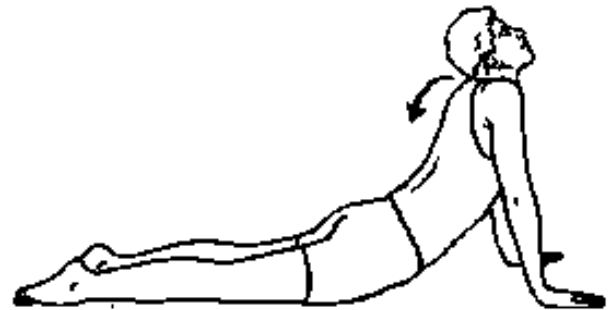
Repeat ____ times.
Do ____ sessions per day.



CHEST AND ABDOMEN - 2 Abdominals

Push upper torso back with arms until stretch is felt, and hold. Tilt head as far back as possible. Hold ____ seconds.

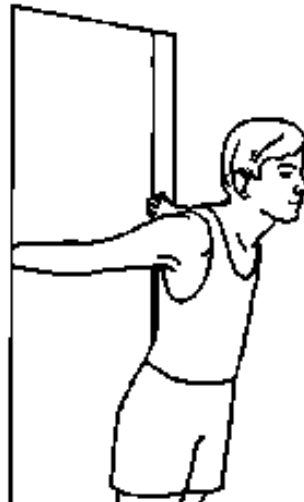
Repeat ____ times. Do ____ sessions per day.



CHEST - 3 Pectorals

Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold ____ seconds.

Repeat ____ times.
Do ____ sessions per day.



CHEST - 4 Pectorals

With arms on chair, lower chest to floor until stretch is felt. Hold ____ seconds.

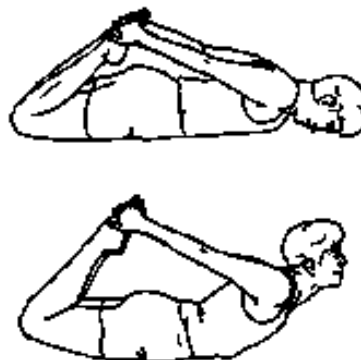
Repeat ____ times. Do ____ sessions per day.



CHEST AND ABDOMEN - 5 Abdominals and Pectorals

Grab both feet below ankles. Arch back and pull feet toward head until stretch is felt. Hold ____ seconds.

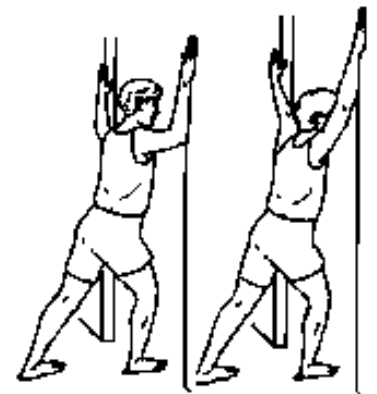
Repeat ____ times.
Do ____ sessions per day.



CHEST - 6 Pectorals

With arms forming a T, lean forward until stretch is felt. Hold ____ seconds. Slide arms up to form a V and repeat the stretch.

Repeat ____ times.
Do ____ sessions per day.



CHEST - 7 Pectorals

Clasp hands behind head.
Have partner pull arms
back until stretch is felt.
Hold _____ seconds.



Repeat _____ times.
Do _____ sessions per day.