

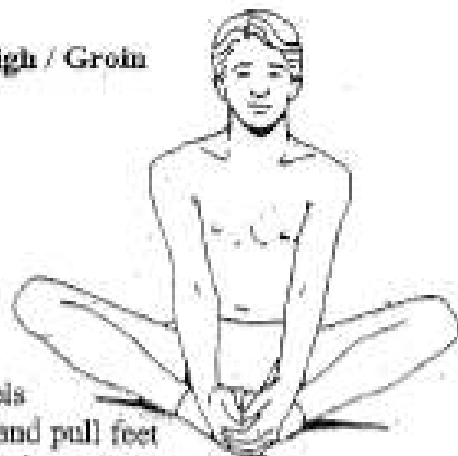
Lying on back and supporting thigh behind knee, slowly straighten knee until a stretch is felt in back of thigh.



Lower Back 1

Pull both knees to chest until a comfortable stretch is felt in lower back. Keep back relaxed.

Inner Thigh / Groin



Place heels together and pull feet toward groin until a stretch is felt in groin and inner thigh.



Shoulder

Keep palm of hand against door frame and elbow bent at 90 degrees. Turn body from fixed hand until a stretch is felt.

Stretching

Hold for 20-30 seconds.

Repeat 1-4 times.



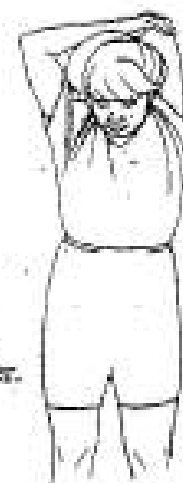
Neck 1: Trapezius

Gently grasp side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt.



Chest / Bicep

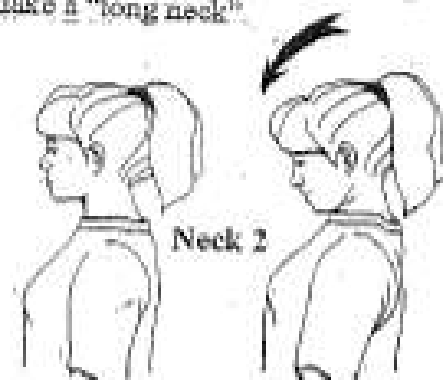
Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms.



Triceps

Gently pull on elbow with opposite hand until a stretch is felt in shoulder.

Gently flex and extend upper neck by nodding head. Try to make a "long neck".



Neck 2