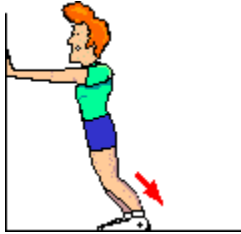


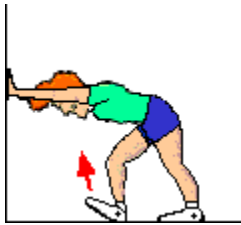
The Importance of Stretching Routine

Repeat each stretch two or three times:



1. Wall Pushup #1

Stand about three feet from a wall, feet at shoulder width and flat on the ground. Put your hands on the wall with your arms straight for support. Lean your hips forward and bend your knees slightly to stretch your calves.



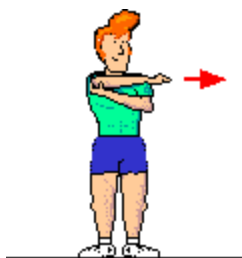
2. Wall Pushup #2

From the previous position, bend forward to lower your body to waist height. Bring one foot forward with your knee slightly bent. Lift the toes of the front foot to stretch the muscle under the calf. Stretch both legs.



3. Wall Pushup #3

Put your feet together, rocking back on your heels with your hands on the wall and your arms straight to form a jackknife with your body. This stretches your hips, shoulders, and lower back.



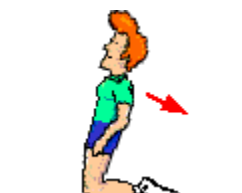
4. Back Scratch

Grab your elbow with the opposite hand and gently push the elbow up and across your body until your hand reaches down to “scratch” your back. Gently push on your elbow to guide your hand down your back as far as it will comfortably go, stretching your triceps and shoulders. Stretch both arms.



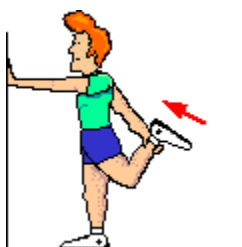
5. Hamstring Stretch

Lie down with one leg straight up in the air, the other bent with foot flat on the ground. Loop a towel over the arch of the lifted foot, and gently pull on the towel as you push against it with your foot. Push only to the point where your muscles contract. Stretch both legs.



6. Quadriceps Stretch

Kneel on your knees (without resting back on your heels). Lean back with your body erect and your arms to the side. Hold for 15 seconds.



7. Heel To Buttock

Stand on one foot, with one hand on a wall for balance. Hold the other foot with the opposite hand and raise the heel of the lifted foot to the buttocks (or as close as comfortably possible), stretching your quadriceps. Keep your body upright throughout. Change legs and repeat.



8. Hip & Lower Back Stretch

Sit on the ground with your legs crossed. Lift your right leg and cross it over the left, which should remain bent. Hug the right leg to your chest and twist the trunk of your body to look over your right shoulder. Change legs and repeat (i.e. looking over your left shoulder).



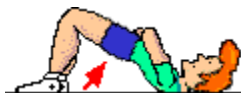
9. Iliotibial Band Stretch

Lie on your side with both legs bent in running position. Bring the bottom leg toward your chest and then bring the top one back toward your buttocks, so that the running position of your legs is exaggerated as possible. Hold for 30 seconds then flip sides and repeat.



10. Hamstring & Back Stretch

Lie on your back with your knees bent. Hug your shins to your chest to stretch your hamstrings and lower back.



11. Bridge

Lie on your back and, with your feet flat on the ground, lift your hips up until your body forms a flat plane. Repeat this one ten times for 30 seconds each to stretch your quads and lower back.



12. Groin Stretch

Seated, put the soles of your feet together. With your elbows on the inside of your knees, gradually lean forward and gently press your knees toward the ground.