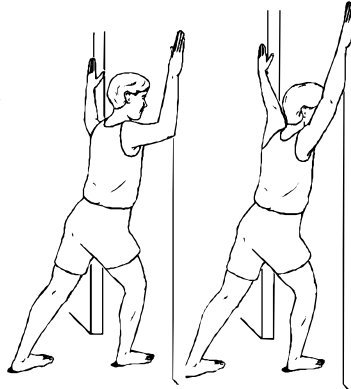


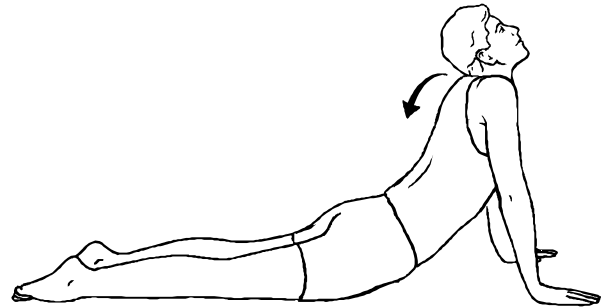
CHEST AND ABDOMEN - 5 Pectorals

With arms forming a T, lean forward until stretch is felt. Hold 15 seconds. Slide arms up to form a V and repeat the stretch.



Repeat 3 times.  
Do 3 sessions per day.

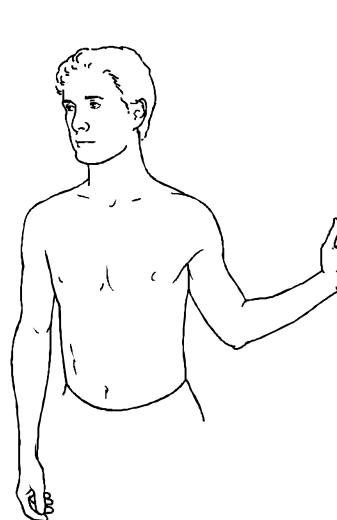
CHEST AND ABDOMEN - 2 Abdominals



Push upper torso back with arms until stretch is felt, and hold. Tilt head as far back as possible. Hold 15 seconds.  
Repeat 3 times. Do 3 sessions per day.

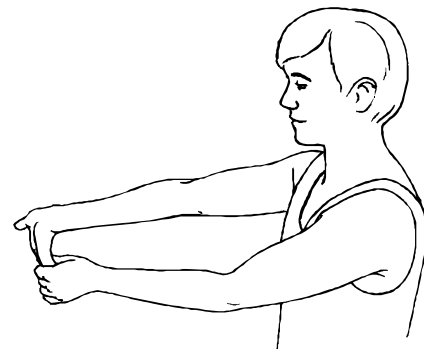
CHEST AND ABDOMEN - 7 Pectorals

Keep palm of right hand against door frame and elbow bent at 90°. Turn body from fixed hand until stretch is felt. Hold 15 seconds.



Repeat 3 times.  
Do 3 sessions per day.

ARMS - 2 Wrist / Flexors



Stretch arm out in front with elbow straight and palm facing away. With other hand, pull fingers backward until a stretch is felt over inside of forearm. Hold 15 seconds.  
Repeat 3 times. Do 3 sessions per day.

ARMS - 5 Triceps

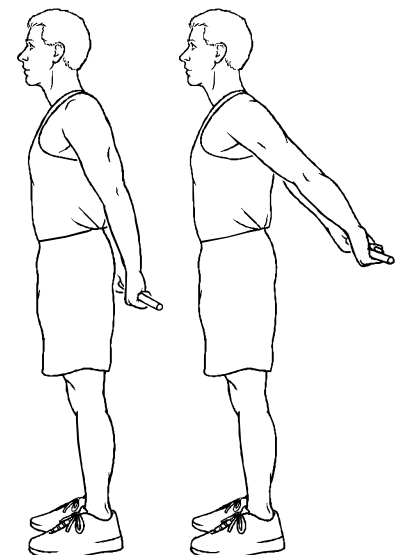
Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 15 seconds.



Repeat 3 times.  
Do 3 sessions per day.

ARMS - 7 Biceps

Stand holding wand behind back. Raise arms as far as possible.



Repeat 15 times.  
Do 3 sessions per day.