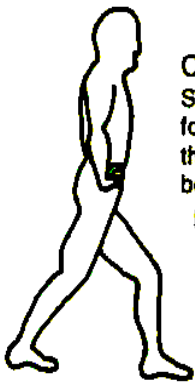
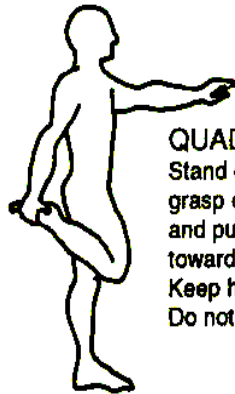


STRETCHING AFTER EXERCISE HELPS TO REDUCE MUSCLE SORENESS AND INCREASE FLEXIBILITY

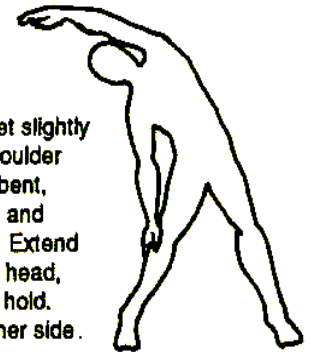
- Warm up before stretching – a warm muscle stretches more effectively than a cold muscle with much less risk of injury.
- Move slowly into each stretch, to the point where you feel mild tension, and hold. Stretching should not be painful.
- Never bounce or jerk.
- Hold each stretch for 10 to 30 seconds.
- Repeat each stretch 3 to 5 times.
- Breathe normally. Do not hold your breath.



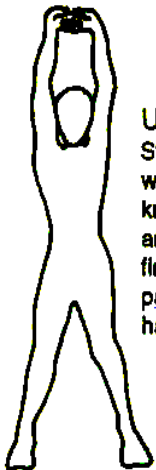
CALF
Stand with one leg forward, knees bent, the other leg straight behind, both feet pointing forward. Press back heel firmly to the ground.



QUADRICEPS
Stand on one leg, grasp other ankle and pull gently up toward buttock. Keep head upright. Do not tilt pelvis.



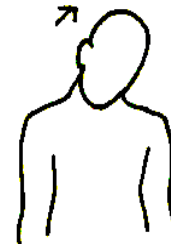
SIDE
Stand with feet slightly wider than shoulder width, knees bent, stomach tight and pelvis tucked. Extend one arm over head, reach up and hold. Repeat on other side.



UPPER BODY
Stand with feet slightly wider than shoulder width, knees bent, stomach tight and pelvis tucked. Interlock fingers above head, turn palms upward and push hands toward ceiling.



TRICEPS
With arms overhead, drop one hand behind your head. Gently pull the elbow toward head with opposite hand and hold. Repeat on other arm.



NECK
Relax shoulders, drop chin toward chest, tilt the head with ear toward shoulder and hold. Repeat on other side.



HAMSTRING
Sit with one leg extended in front and opposite leg bent toward body. Lean upper body forward until point of mild tension and hold. Keep chin up.



HAMSTRING/HIP FLEXOR
With one leg extended, pull the opposite knee gently toward chest and hold. Repeat with opposite leg.



LOW BACK
Lie on back, grasp below knees, pull thighs toward chest and hold. Back remains flat on the floor.



The Prescription is Prevention!