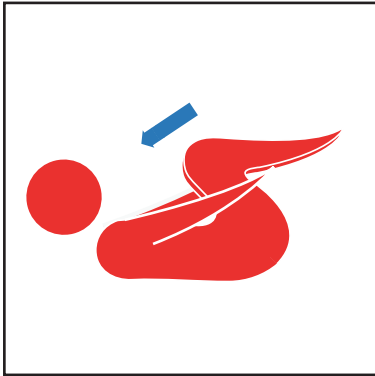


Stretching Exercises

Lower Back Stretch

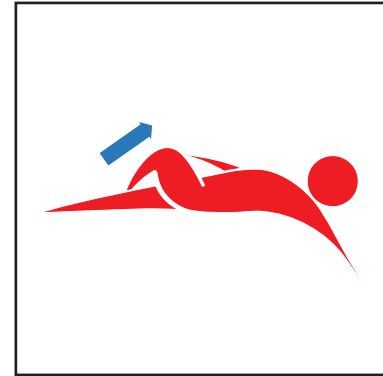
ST-07



- Remember to breathe as you stretch.

Hip Stretch

ST-08



Groin Stretch

ST-09



- Enjoy Stretching - visualize the wonderful things you are doing for your body.

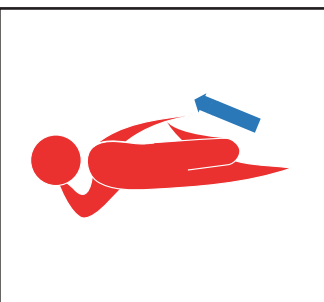
Hamstring Stretch

ST-10



Quad Stretch

ST-11



- Stretch before your workout.
- Stretch briefly between sets of workout.

Calve Stretch

ST-12

