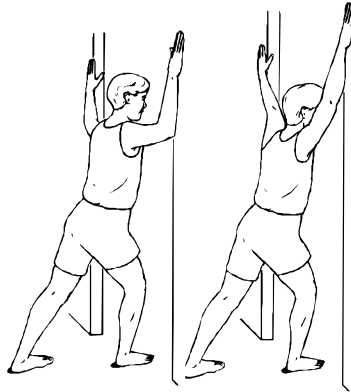


**Chest, Abdomen and Calf**

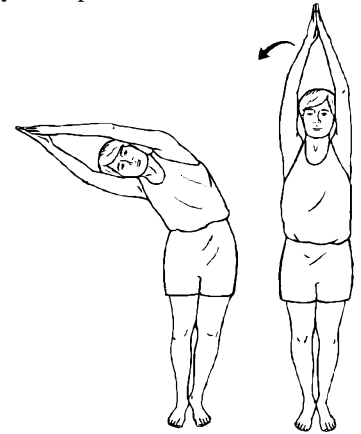
Hold stretch for 15 - 30 seconds and switch legs. Hold again for 15 - 30 seconds.



**Hips, Sides, Spine**

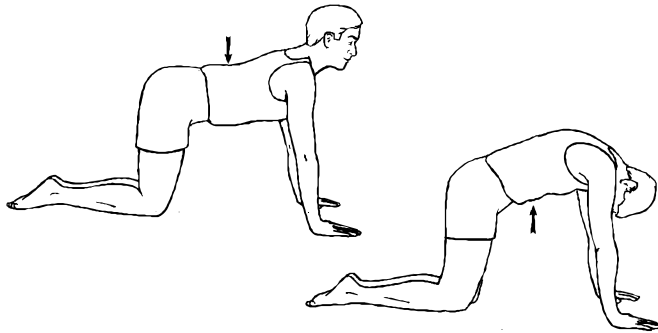
Hold 15 - 30 seconds in each direction.

For increased support, slightly bend knees and place the hand of the bottom arm on your hip.



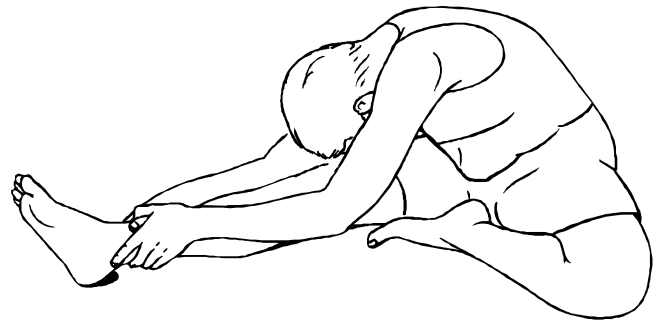
**Back and Shoulders**

Place towel or mat under knees. Tighten stomach muscles. Arch back towards ceiling. Hold 15 - 30 seconds. Release and repeat as able. (6 - 12 times)



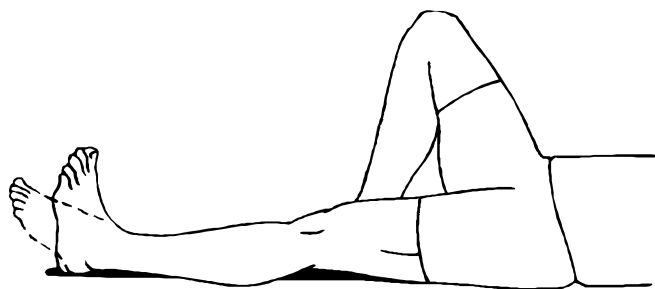
**Hamstrings (back of thighs) and Low Back**

Hold 15 - 30 seconds. Repeat on both sides. Reach forward to the degree that you are able.



**Lower Leg and Ankle**

Gently bend, straighten and rotate ankle through full range of motion 8 - 15 times. Repeat with other ankle.



**Low Back and Hips**

Hold 15 - 30 seconds on each side. Be sure to relax neck and shoulders. Bend knee of extended leg, placing foot flat on floor, if needed.

