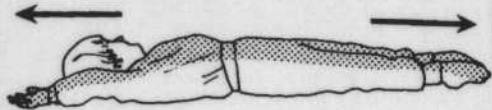


3



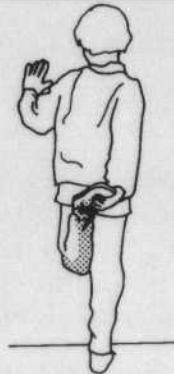
- Straighten out your arms and legs.
- Point fingers and toes and stretch as far as possible.
- Hold for 5 seconds.
- Relax.
- *If you get cramps in legs or feet, bring your toes toward your knees.*

1 Legs & Hips:



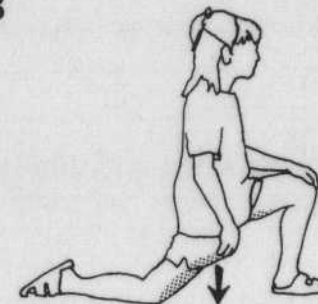
- Lean on a wall with your forearms, your head resting on your hands or forearms.
- Bend one leg and place your foot on the ground in front of you, keeping your back leg straight.
- Move your hips forward a little.
- Make sure your heels are on the ground and your toes are pointed straight ahead.
- Stretch each leg for 10 seconds.
- Do not bounce.

2



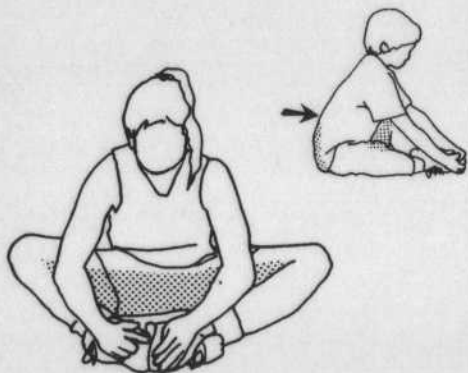
- Hold left foot with right hand behind you.
- Gently pull foot toward you.
- Hold for 10 seconds.
- Do the same with right foot and left hand.
- *If you prefer, you may hold left foot with left (same) hand, to do this stretch.*

3



- Get in the position as the drawing shows.
- Move forward so your front knee is directly over your ankle.
- Move the hip of the back leg downward.
- Try to keep the front knee and foot from moving forward.
- Hold for 10 seconds.
- Repeat the stretch for your other leg.

4



- Sit with the soles of your feet together.
- Put your hands around your feet.
- Move your upper body forward with back straight, *bending at the hips.*
- Keep your elbows in front of your legs.
- Hold for 15 seconds.

5



- Put left leg over right leg with left foot close to knee.
- Pull your left knee toward your right shoulder.
- Hold for 10 seconds.
- Repeat the stretch for your other leg.

6

Repeat stretch 4 7



- Sit with your right leg straight.
- Put the bottom of your left foot next to the inside of your straight leg.
- Lean forward from your hips until you feel a stretch in your back and/or back of your upper leg (hamstrings).
- Hold for 10 seconds.
- Stretch both legs.

Bob and Jean Anderson, creators of this stretching chart are also the authors of the book, **STRETCHING**. Now a revised ©2000 edition.



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Note: If you have had any recent surgery, muscle or joint problem, please consult your personal health care professional before starting a stretching or exercise program.

Stretching can be done before and after activity or whenever you feel like

How to Stretch:

These stretches should be done slowly with no bouncing. You should feel the stretch, but it should not hurt. Hold the stretch feeling for 5-10 seconds. This is called the *easy stretch*

After holding the easy stretch, move a little more into the stretch until you feel the stretch again. This is called a *developmental stretch*. Hold for 5-10

seconds. If the stretch becomes painful, you are stretching too much. The developmental stretch will safely increase flexibility.

Hold only stretch tensions that feel good to you. Be relaxed while you stretch. Your breathing should be slow and deep. Don't worry about how far you can stretch.

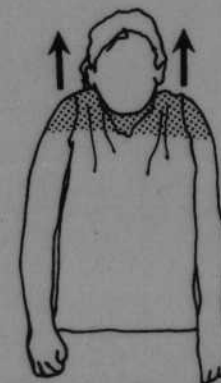
The dotted areas are those areas of the body where you will most likely feel the stretch.

1 Arms & Shoulders:



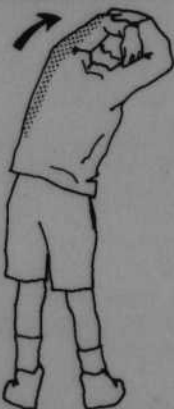
- Interlace your fingers above your head, palms facing up.
- Stretch your arms back and up a little.
- Do not hold your breath.
- Hold stretch for 10 seconds.

2



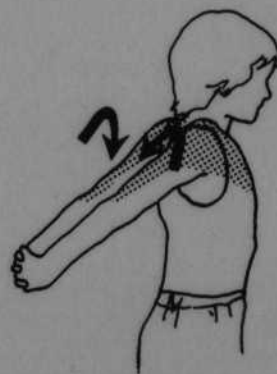
- Raise the top of your shoulders up toward your ears
- Hold a feeling of tension in your neck and shoulders for 3-5 seconds.
- Relax your shoulders downward to their normal position.
- Do this 2-3 times.

3



- Hold the elbow of one arm with the hand of your other arm.
- Slowly pull your elbow down behind your head as you bend over sideways.
- Keep your knees bent during this stretch.
- Hold an easy stretch for 10 seconds.
- Repeat for other side.

4



- Interlace your fingers like a basket behind your back.
- Slowly turn your elbows inward while straightening your arms.
- Hold for 5-10 seconds.
- Do twice.

1 Neck & Back:



- Interlace your fingers behind your head, resting your arms on the floor.
- Use the power of your arms and hands to slowly and gently pull your head, neck, and shoulders forward until a mild stretch is felt in the back of your neck.
- Hold for 5 seconds then relax in starting position.
- Do 3 times.

2



- Straighten both legs and relax.
- Use your hands to gently pull one leg toward your chest.
- Try to keep your head on the floor.
- Hold for 15 seconds.
- Do the same with your other leg.