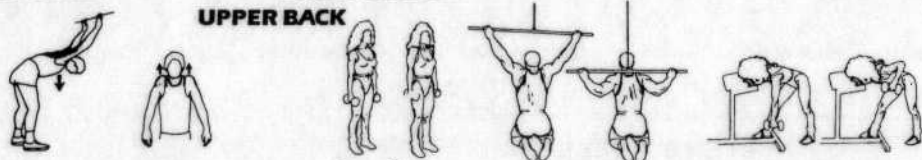


STRETCHES

EXERCISES



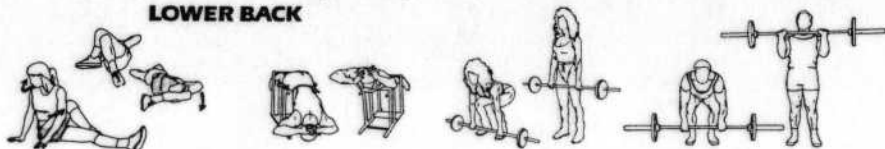
UPPER BACK



TRICEPS



LOWER BACK



FOREARM



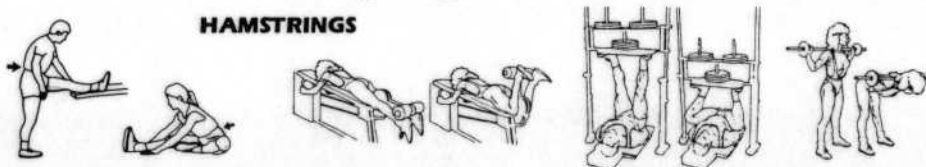
BUTTOCKS



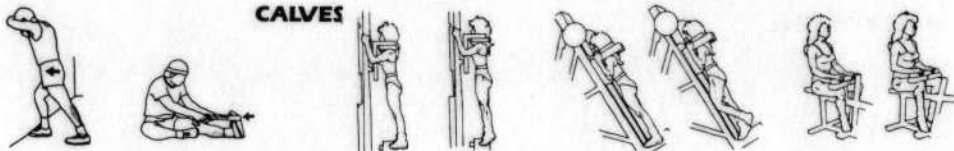
HANDS



HAMSTRINGS



CALVES



HOW TO LIFT

Good form and safe lifting will improve performance, speed up improvement and help prevent injuries. When starting a new series of exercises, handle lightweights—about 2/3 of your maximum effort. The last repetition should feel difficult. Once you are doing the exercise easily, progressively add weights—until the last rep is again difficult.

Position: When lifting in a standing position (curls, overhead press, etc.) your feet should be a little wider than shoulder width apart and balanced fore and aft. Keep head up and neck straight. Always exercise through a full range of motion.

Breathing: Inhale at start of lift, momentarily hold breath during most difficult part and exhale as you finish. Breath in and out through nose and mouth. Do not hold breath throughout entire exercise.

Rest: Pause 1-2 minutes between each set. On abdominal exercises, increase repetitions rather than weight as you get stronger.

Feel any pain? Stop! Finish another exercise that works same area, but causes no pain.

LIFT SAFELY

1. Do not train alone.
2. Have a spotter for bench presses and squats when getting close to strength limit.
3. Use and tighten collars on barbells.
4. Do not jerk or twist.

➔ See front for Stretching Guidelines.

Anatomical drawings by Edna Indritz Steadman.

Poster design by Drake Jordan.

Water color and colors by David Wills.

Stretches and exercises shown here are excerpted from *STRETCHING* by Bob Anderson & *GETTING STRONGER* by Bill Pearl & Gary T. Moran, Ph.D. Both books published by Shelter Publications, Inc., Bolinas, Calif. and distributed in bookstores by Random House.

STRETCH & STRENGTH

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EXERCISE GUIDE

By Bill Pearl & Bob Anderson

HOW TO STRETCH

The Easy Stretch: Stretch to where you feel a slight mild tension and hold for 5-20 seconds. Relax. As you hold the stretch, the feeling of tension should diminish. If it doesn't, ease off slightly into a more comfortable stretch.

The Developmental Stretch: After holding the easy stretch, move a fraction of an inch farther into the stretch until you feel mild tension again. Hold for 15-30 seconds. Again, the feeling should diminish or stay the same. If the tension increases or becomes painful, you are overstretching; ease off into a more comfortable stretch. The developmental stretch fine-tunes the muscles and increases flexibility.

Stretching While Lifting: You can stretch, not only before and after each exercise, but in between sets, while you are waiting to perform the next set. This will help you focus on the muscles being exercised, reduce muscle tension and improve circulation.

Pay Attention to How Each Stretch Feels: Hold only stretch tensions that *feel* good. The key to stretching is to relax while you concentrate on the area being stretched. Your breathing should be slow, deep and rhythmical.

Important: No bouncing — No Pain!

STRETCH SAFELY

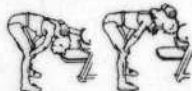
The "no gain without pain" saying does *not* apply to stretching. Stretching should not be painful. Also, do *not* bounce. Bouncing or otherwise overstretching can cause microscopic tearing of muscle fibers, leading to formation of scar tissue and gradual loss of elasticity.

Light stretching before and after each strength exercise gets the muscles ready for action, increases range of motion and helps prevent injuries. This will add continuity to the workout and make it possible for you to do more and feel better in the same amount of time. See the book *Stretching* for complete details.

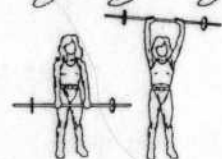
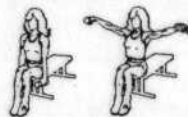
STRETCHES

EXERCISES

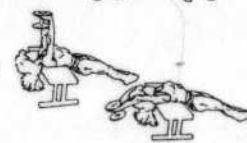
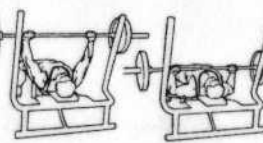
NECK



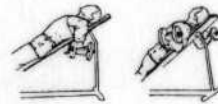
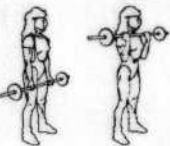
SHOULDERS



CHEST



BICEPS



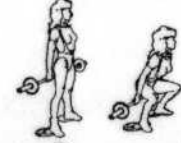
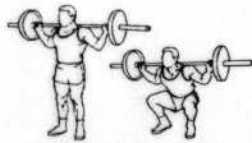
ABDOMINALS



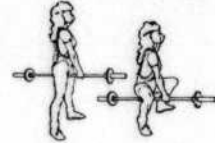
HIP AREA



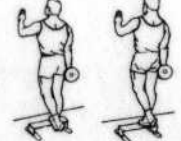
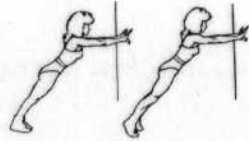
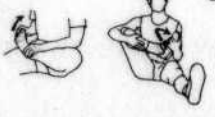
THIGHS



INNER THIGHS



FEET



➔ See back for Lifting Guidelines.

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