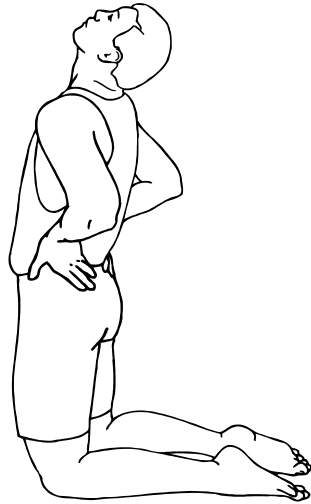


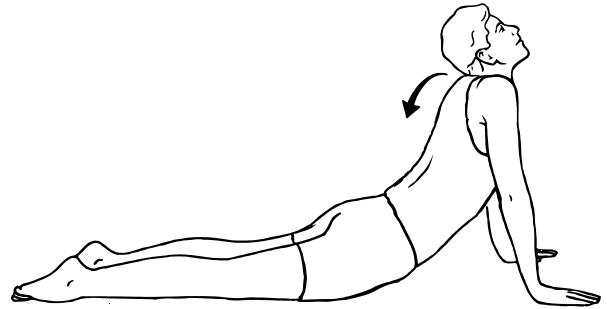
CHEST AND ABDOMEN - 1 Abdominals (Mild)

With hands in small of back, arch back until stretch is felt. Hold ____ seconds.



Repeat ____ times.
Do ____ sessions per day.

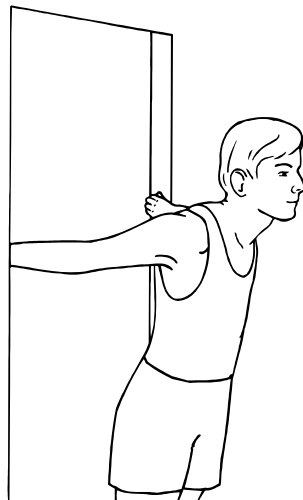
CHEST AND ABDOMEN - 2 Abdominals



Push upper torso back with arms until stretch is felt, and hold. Tilt head as far back as possible. Hold ____ seconds.
Repeat ____ times. Do ____ sessions per day.

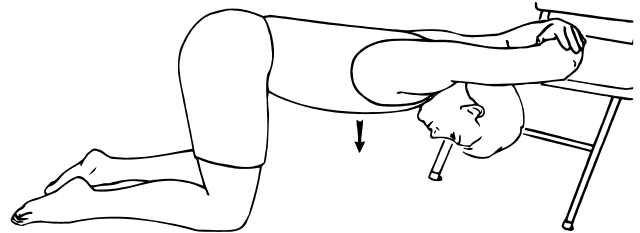
CHEST AND ABDOMEN - 3 Pectorals

Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold ____ seconds.



Repeat ____ times.
Do ____ sessions per day.

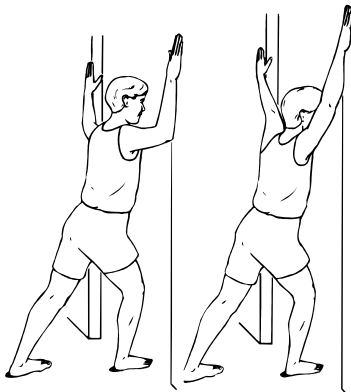
CHEST AND ABDOMEN - 4 Pectorals



With arms on chair, lower chest to floor until stretch is felt. Hold ____ seconds.
Repeat ____ times. Do ____ sessions per day.

CHEST AND ABDOMEN - 5 Pectorals

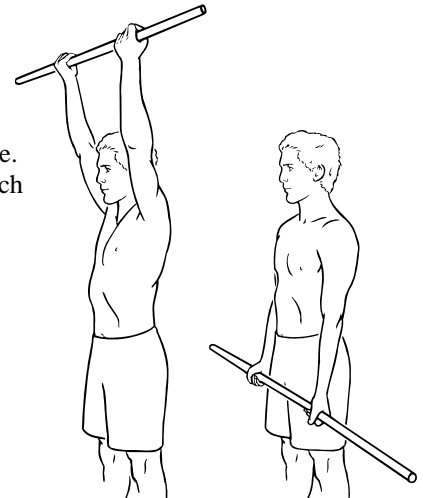
With arms forming a T, lean forward until stretch is felt. Hold ____ seconds. Slide arms up to form a V and repeat the stretch.



Repeat ____ times.
Do ____ sessions per day.

CHEST AND ABDOMEN - 6 Pectorals

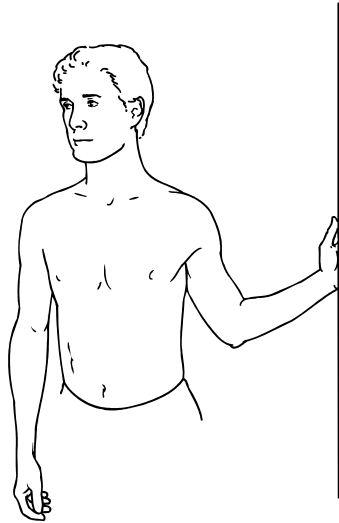
Bring wand directly over head, leading with right side. Reach back until stretch is felt. Hold ____ seconds.



Repeat ____ times.
Do ____ sessions per day.

CHEST AND ABDOMEN - 7 Pectorals

Keep palm of right hand
against door frame and
elbow bent at 90°. Turn
body from fixed hand
until stretch is felt.
Hold _____ seconds.



Repeat _____ times.
Do _____ sessions per day.