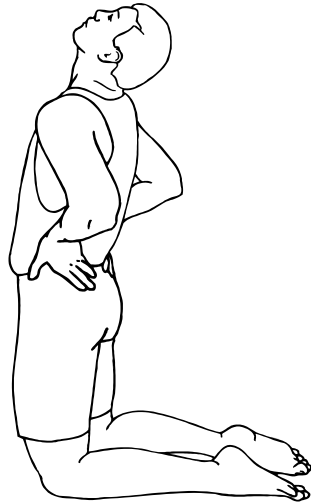


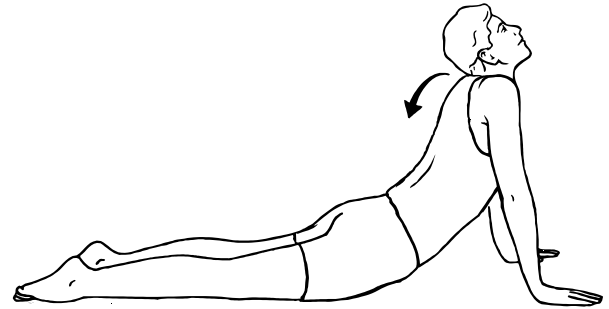
CHEST AND ABDOMEN - 1 Abdominals (Mild)

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



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

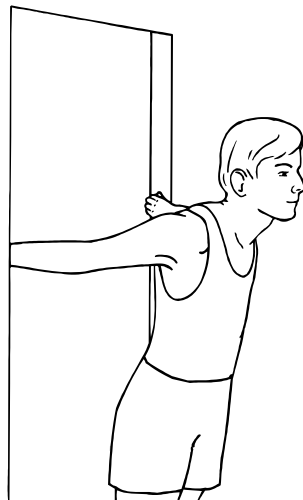
CHEST AND ABDOMEN - 2 Abdominals



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.

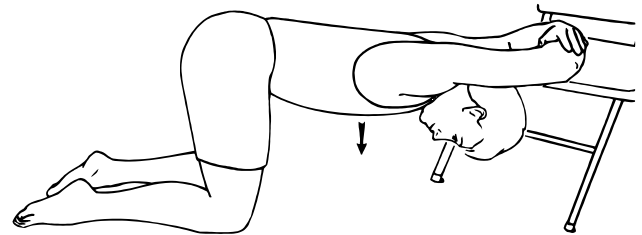
CHEST AND ABDOMEN - 3 Pectorals

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



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

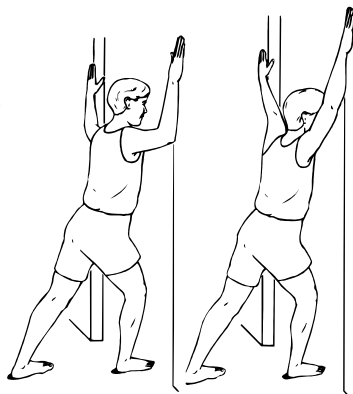
CHEST AND ABDOMEN - 4 Pectorals



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

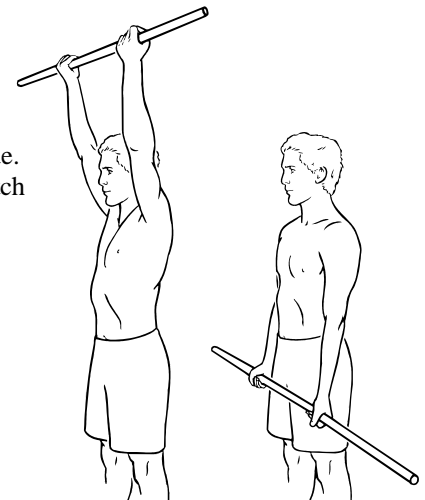
With arms forming a T, lean forward until stretch is felt. Hold \_\_\_\_ seconds. Slide arms up to form a V and repeat the stretch.



Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

CHEST AND ABDOMEN - 6 Pectorals

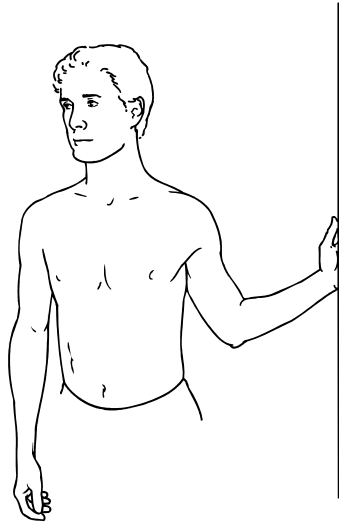
Bring wand directly over head, leading with right side. Reach back until stretch is felt. Hold \_\_\_\_ seconds.



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.