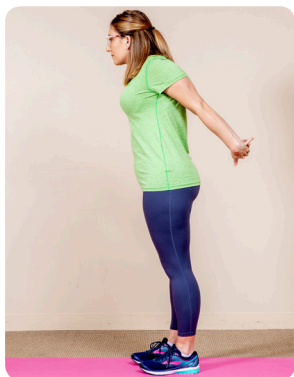


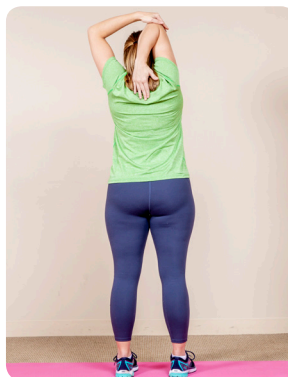
Floor Stretches



1 CHEST:
Roll shoulders back while lifting chest.



2 UPPER BACK



3 TRICEP/SHOULDERS



4 QUADS:
Alternate each side.



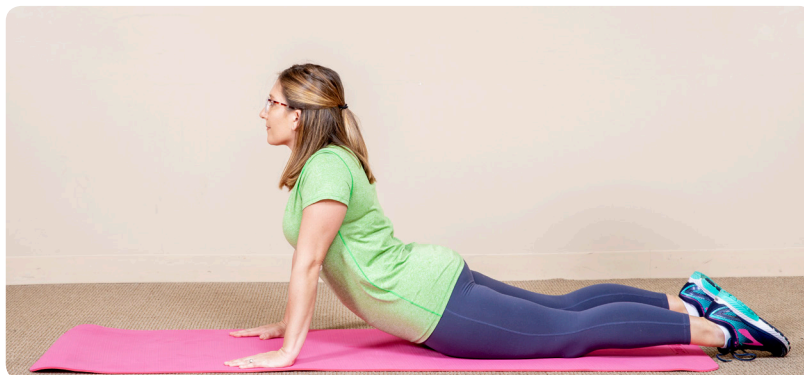
5 HAMSTRINGS:
Lean forward while pulling hips back – repeat opposite side.



6 CALVES:
Push heel downward.



7 BUTTERFLY:
Lean body forward.

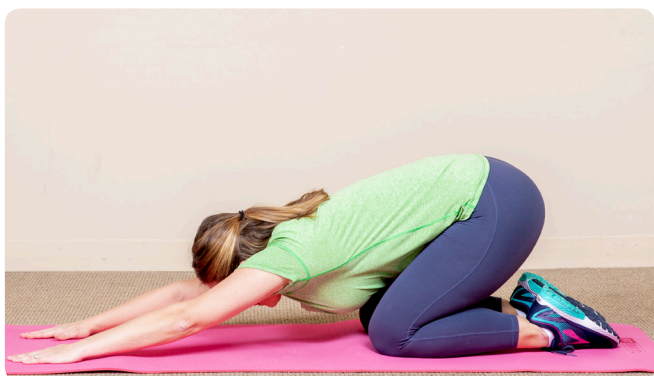


8 COBRA:
Pull shoulders away from ears and lift chin.

(Continued on back)

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Floor Stretches



9 CHILDS POSE



10 SEATED HAMSTRING:
Alternate legs.



11 SEATED TWIST:
Alternate legs.

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