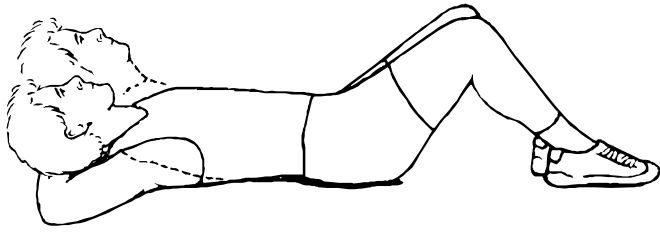


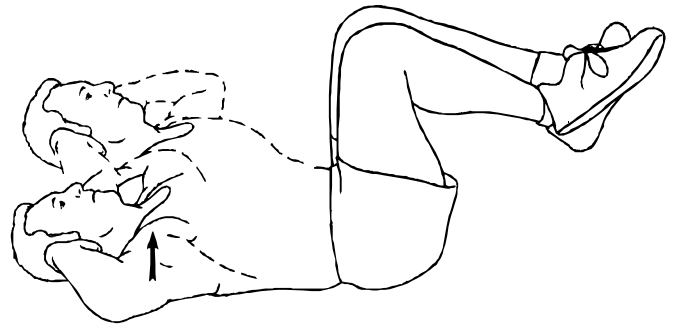
ABS - 9 Crunch: Bent Knee



Arms behind head, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do 1-2 sets. Complete 25 repetitions.

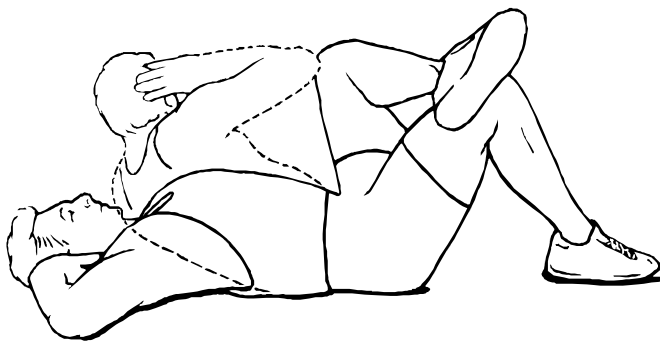
Abdominal Crunches



Hands at head, legs up, bent, ankles crossed, tighten abdominals, raise shoulders and upper back toward ceiling. Keep head and neck in line with spine. Keep low and middle back on floor.

Do 1-2 sets. Complete 25 repetitions.

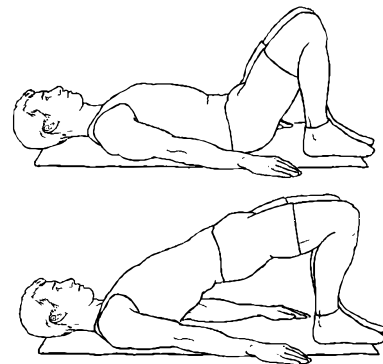
Oblique Abdominal Curls



One ankle across other knee, tighten abdominals, twist upper body to touch opposite elbow to knee.

Do 1-2 sets. Complete 25 repetitions.

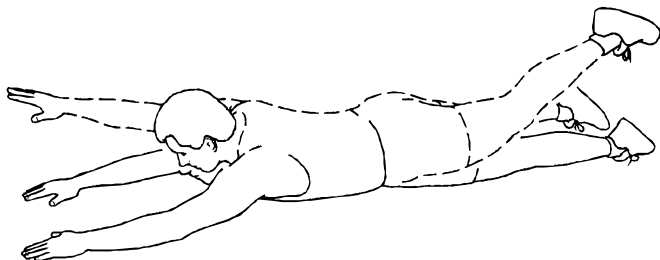
Bridge



Lie back, legs bent. Inhale, pressing hips up. Keeping ribs in, lengthen lower back. Exhale, rolling down along spine from top.

Repeat 3-5 times. Hold each bridge for 30 seconds.

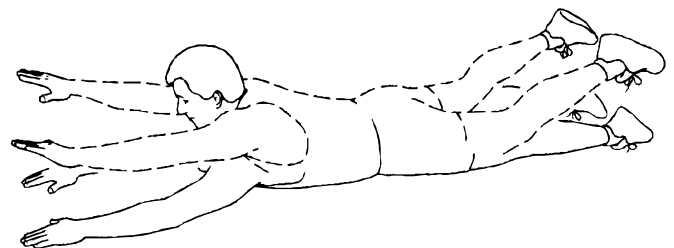
Superman: Leg / Arm Lift: Alternating



Arms and legs as straight as possible, raise opposite arm and leg. Alternate sides.

Repeat 8 - 10 times. Hold each lift for 5 seconds.

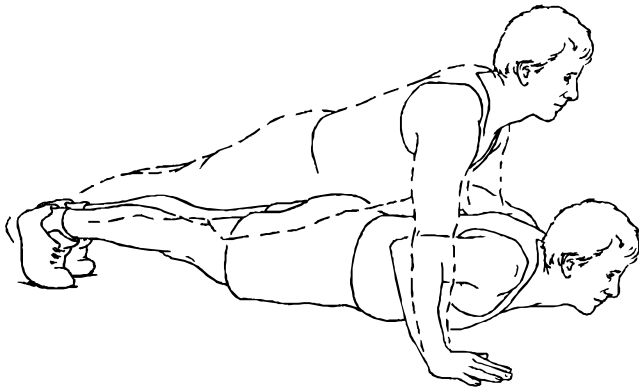
Superman- Lift both arms and legs



Arms and legs as straight as possible, raise both simultaneously.

Repeat 3 - 5 times. Hold each lift for 5 - 10 seconds.

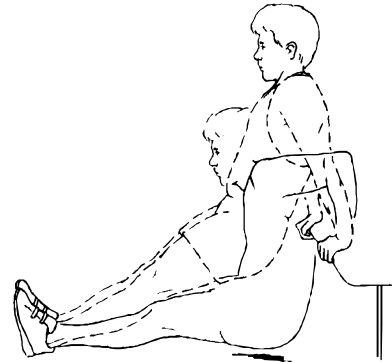
Pushups



Chest a few inches from floor, push up until arms are straight.

Do 2 sets. Complete 25-30 repetitions.

Dip  
(Off a bench or stable chair)



Body almost to floor, elbows close to sides, press upward until arms are straight.

Do 2 sets. Complete 15-20 repetitions.

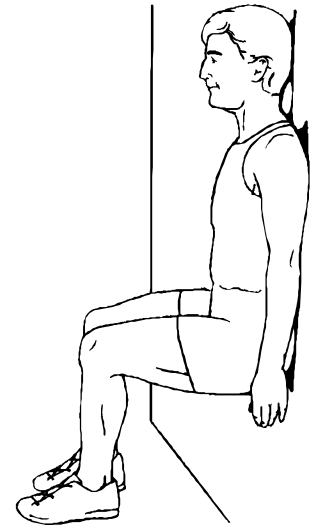
Pull-Up



Pull body up until bar touches chin.

Do 2 sets.  
Complete 10-15 repetitions.

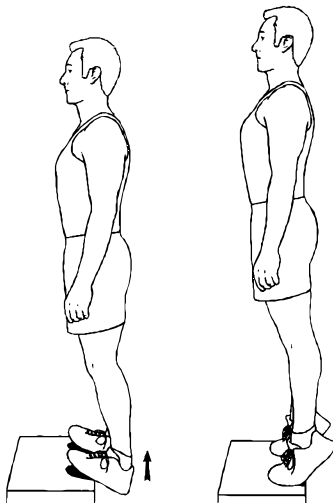
Wall Sit



Back against wall, slide down so knees are at 90° angle. Hold 30-60 seconds.

Do 3-5 sets.

Calf Raises



Toes on step, heels on floor, knees slightly bent, rise up on toes as high as possible.

Do 1-2 sets.  
Complete 15 repetitions.

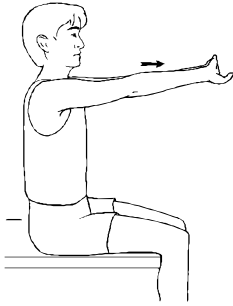
Toe Taps

Stand with one foot slightly in front. Plant your heel and tap your toes. You will feel a slight burning in the front of your leg.

Tap continuously for 30 - 60 seconds on each leg.

Upper Back

With fingers interlaced and palms out, straighten arms in front of you until stretch is felt. Hold 30 seconds.



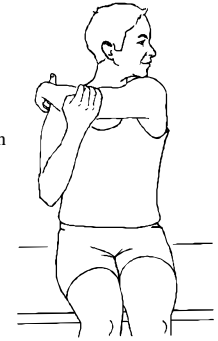
Chest and Shoulders

With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt. Hold 30 seconds.



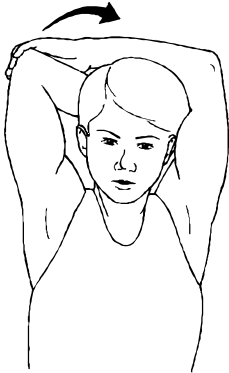
Shoulders

Pull arm across chest until stretch is felt. Hold 30 seconds. Repeat with other arm.



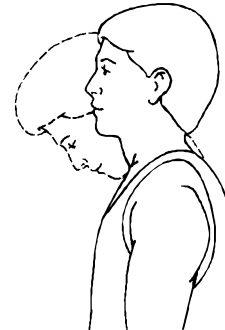
Triceps

Bring elbow behind head until stretch is felt. Repeat with other elbow. Hold 30 seconds.



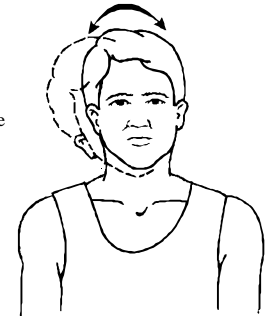
Neck Stretch

Drop chin towards chest. Hold 30 seconds. Return to starting position.



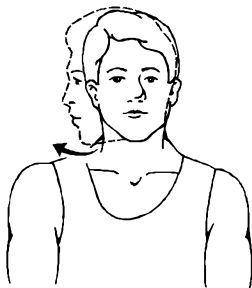
Neck Stretch

Slowly tilt head toward one shoulder. Hold 30 seconds. Repeat toward other shoulder.



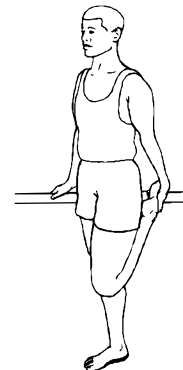
Neck Stretch

Turn head slowly to look over one shoulder. Hold 30 seconds. Repeat toward other shoulder.



Quadriceps Stretch

Place right hand back and grab your right ankle. Press heel away from buttocks until a stretch is felt in front of thigh. Keep your back straight. Hold 30 seconds. Repeat with other side.



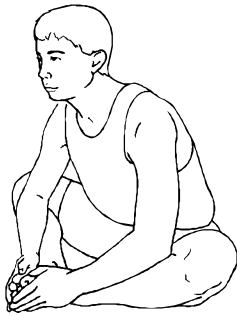
Calf Stretch

From stairs or a curb, lower heel until stretch is felt. Hold 30 seconds. Repeat with other heel.

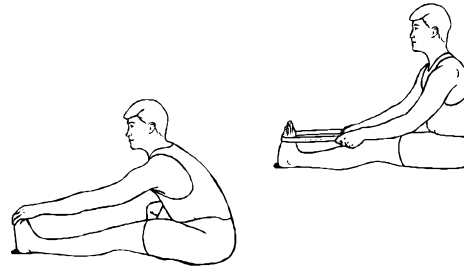


Inner Thigh Stretch

Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold 30 seconds.

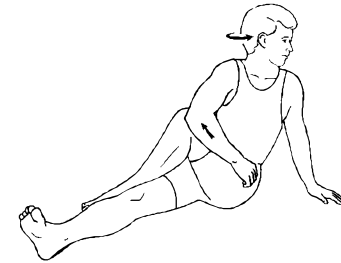


Hamstring Stretch



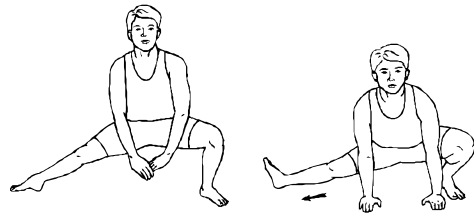
With towel or belt around foot, pull toes toward knee until stretch is felt. Hold 30 seconds. If you are more flexible, use hand to pull toes. Repeat with other leg.

Hip and Back Stretch



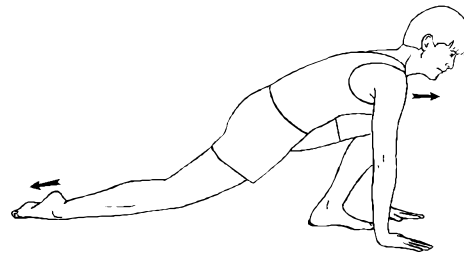
With left leg over right, bring right arm over left leg. Push left leg across body until stretch is felt. Turn head over left shoulder. Hold 30 seconds. Repeat with other side.

Inner Thigh Stretch



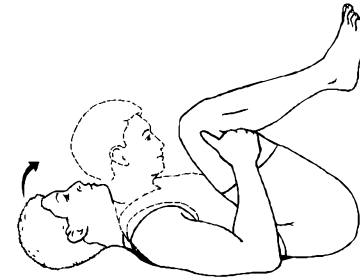
From beginning position, slide foot further to side until stretch is felt. Hold 30 seconds. Repeat to other side.

Hip Flexor Stretch



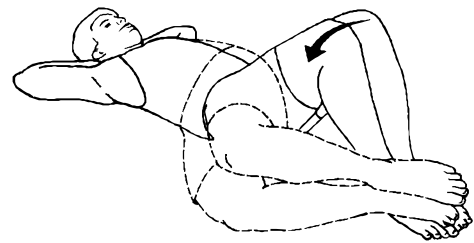
From position shown, slide foot back and move trunk forward until stretch is felt. Hold 30 seconds. Repeat with other foot.

Lower Back Stretch  
 (Keep head relaxed on floor)



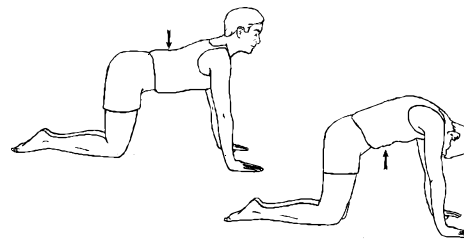
Bring both knees to chest and hold. Rock side to side to maximize stretch. Hold 30 seconds.

Lower Back



Keeping back flat and feet together, rotate knees to one side. Hold 30 seconds. Repeat to other side.

Back Stretch  
 (Mad Cat and Sway Back Stretches)



From starting position, tuck chin and tighten stomach while arching back. Hold 30 seconds.

Upper Back Stretch



Slide hands forward and buttocks back. Hold 30 seconds.