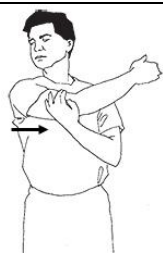



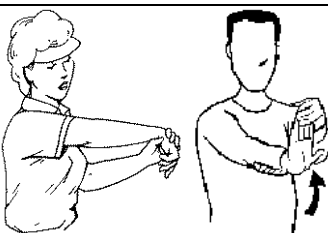
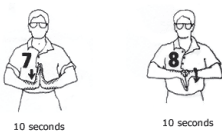
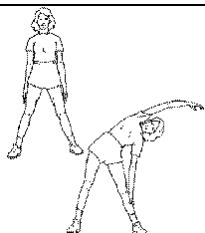



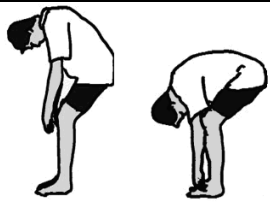


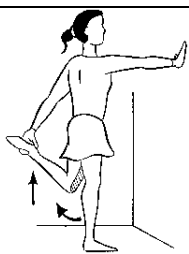
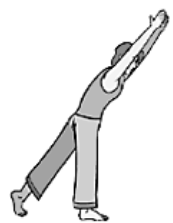


Arm Circles	Shoulder Shrugs	External Rotations	Cuban Press
10 Sm/10 Lg Fwd/Bkwd	10 Fwd & 10 Bkwd	Palms Up- 10	5 single/ 5 together
			
Posterior Shoulder	Triceps Stretch	Biceps/Deltoid	Straight Arm
10-15 sec. Both Arms	10-15 sec. Both Arms	10-15 sec. Repeat	10-15 sec. Repeat
			
Wrist & Forearm	Wrist Rotations	Oblique Stretch	Side Bend
10-15 sec. Palm Up/Down	10-15 sec. Fingers Up/Down	10-15 sec. Both Sides	10-15 sec. Both Sides
			
Neck Stretch	Upper Back/Core	Spine Roll	Hamstring Stretch
10-15 sec. Both Sides	10-15 sec. Both Sides	Slowly roll down, then up	10-15 sec. Both Legs
			
Calf/Quad Stretch	Quadriceps Stretch	Reverse Leg Lifts	Superman
10-15 sec. Both Legs	10-15 sec. Both Legs	10 Pulses each leg	10-15 sec. Both Legs