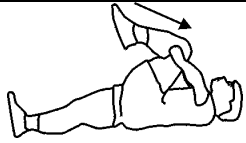

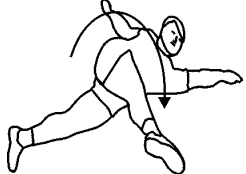
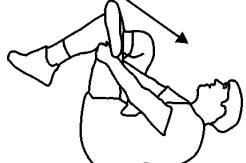
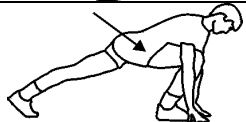

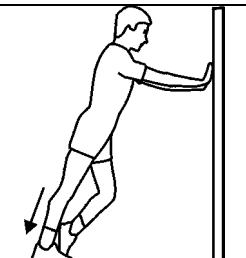


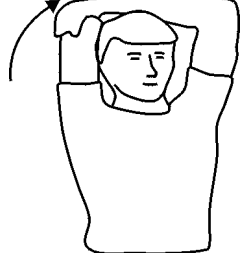

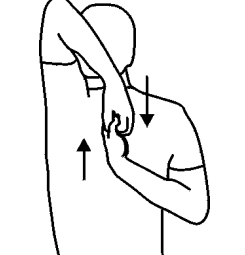
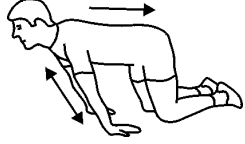
FLEXIBILITY

Days per week: After every workout.

Goal: To develop general flexibility

Instructions: Hold stretches at a mild point of tension. Do after each workout.

Exercise (Region/Muscles)	Diagram	Reps	Time
Lower Back Stretch		1 set	30 secs
Hamstring Stretch		1 set	30 secs
IT Band Stretch		1 set	30 secs
Glutes Stretch		1 set	30 secs
Hip Flexor Stretch		1 set	30 secs
Quad Stretch		1 set	30 secs
Calves Stretch		1 set	30 secs

Triceps Stretch		1 set	30 secs
Chest Stretch		1 set	30 secs
Shoulder Stretch		1 set	30 secs
Forearm Stretch		1 set	30 secs