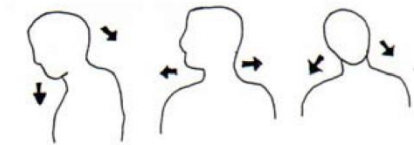


MODULE 5 – ADDITIONAL HANDOUT

Perfect Fitness

STRETCHING EXERCISES

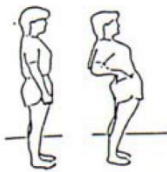
- Hold each stretch "static" for 10 - 15 seconds.
- Perform stretches after a 5 minute warm-up and at the end of each work-out.



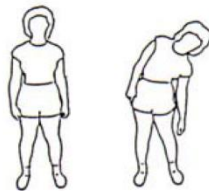
Cervical Stretch



Gluteus Stretch



Back Extension



Back Lateral Flexion



Trunk Twister



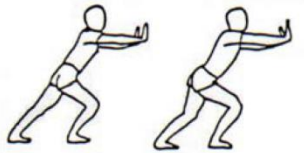
Gluteus Stretch



Low Back Twist



Prone Extension



Calf/Achilles



Groin/Butterfly



Bent Knee Hamstring



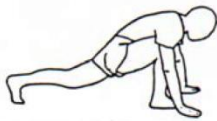
Seated Hamstring



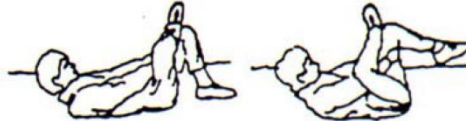
"V" Hamstring



Standing Quad



Hip Flexor



Piriformis/Hip Rotator



Standing IT Band



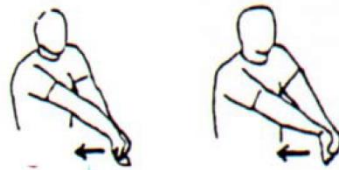
Horizontal Adduction



Chest



Triceps



Wrist Extension