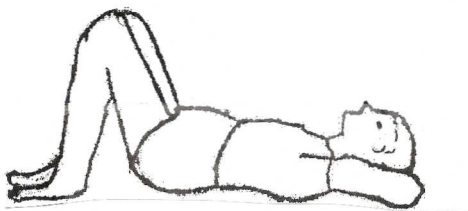


Stretch Routine

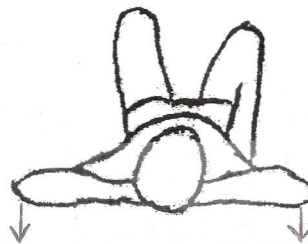
Twice each day

Routine takes approximately 5 minutes

These stretches are designed for the relief of muscular pain and tension in the lower back, upper back, shoulders and neck. For the best results, do them in the morning and again in the evening just before going to sleep. Hold only stretch tensions that feel good to you. **DO NOT OVER STRETCH.** This routine should be done daily, even on holidays and trips!



Flatten lower back, hold for 10 seconds
Repeat twice



Press elbows into surface, hold for 5 seconds
Repeat 5 times



Hold each leg for 30 seconds
Repeat twice



Tighten core, try to sit up, do not pull on neck
Hold for 5 seconds, repeat 3 times



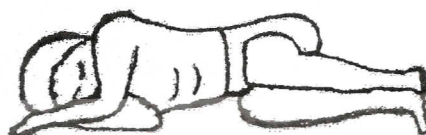
Hold 30 seconds each side
Repeat twice



Lay flat and reach, hold 10 seconds
Repeat twice



Hold both knees for 25 seconds
Repeat twice, **DO NOT ROCK**



Resting posture
Hold for 60 seconds