

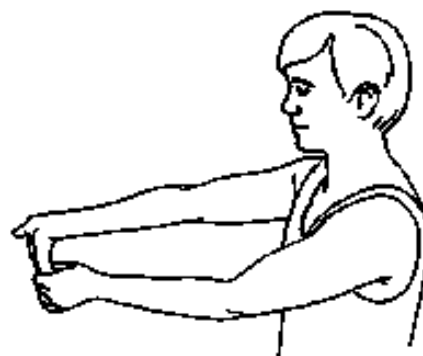
ARMS - 1 Biceps

With arms straight and fingers interlaced, raise arms until stretch is felt. Hold ____ seconds.



Repeat ____ times.
Do ____ sessions per day.

ARMS - 2 Wrist / Flexors



Stretch arm out in front with elbow straight and palm facing away. With other hand, pull fingers backward until a stretch is felt over inside of forearm. Hold ____ seconds.

Repeat ____ times. Do ____ sessions per day.

ARMS - 3 Wrist / Flexors / Biceps

With palms flat and fingers pointing backward, slowly lean back until stretch is felt. Hold ____ seconds.



Repeat ____ times.
Do ____ sessions per day.

ARMS - 4 Flexors



From kneeling position, with palms flat and fingers pointed backward, slowly lean back until stretch is felt. Hold ____ seconds.

Repeat ____ times. Do ____ sessions per day.

ARMS - 5 Biceps

Place arms behind back with hands together as shown. Partner should then raise hands until stretch is felt. Hold ____ seconds.



Repeat ____ times.
Do ____ sessions per day.

ARMS - 6 Biceps

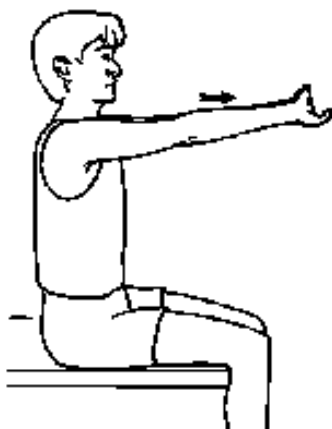


With hands behind back and fingers interlaced, have partner raise hands until stretch is felt. Hold ____ seconds.

Repeat ____ times. Do ____ sessions per day.

ARMS - 7 Wrist / Flexors

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



Repeat _____ times.
Do _____ sessions per day.

ARMS - 8 Triceps

Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold _____ seconds.



Repeat _____ times.
Do _____ sessions per day.