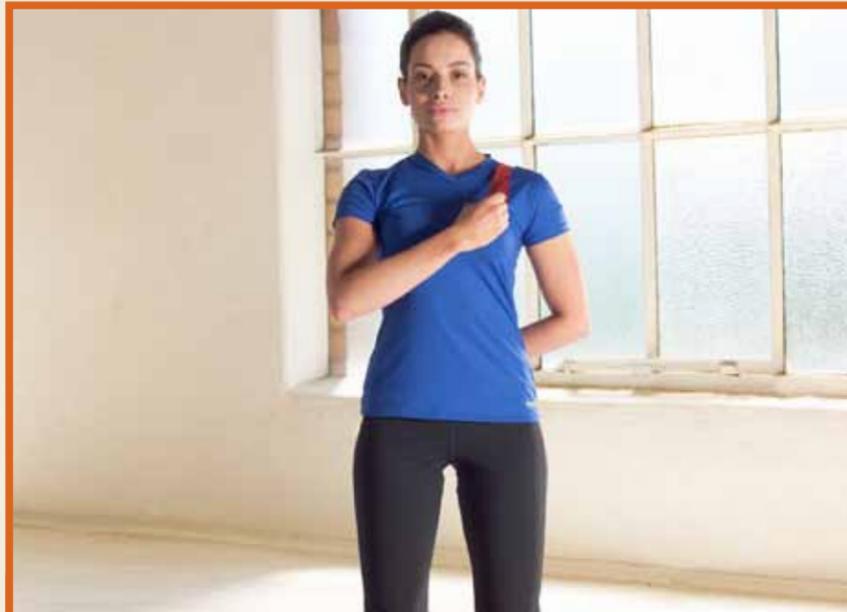


# TOTAL BODY STRETCH KIT



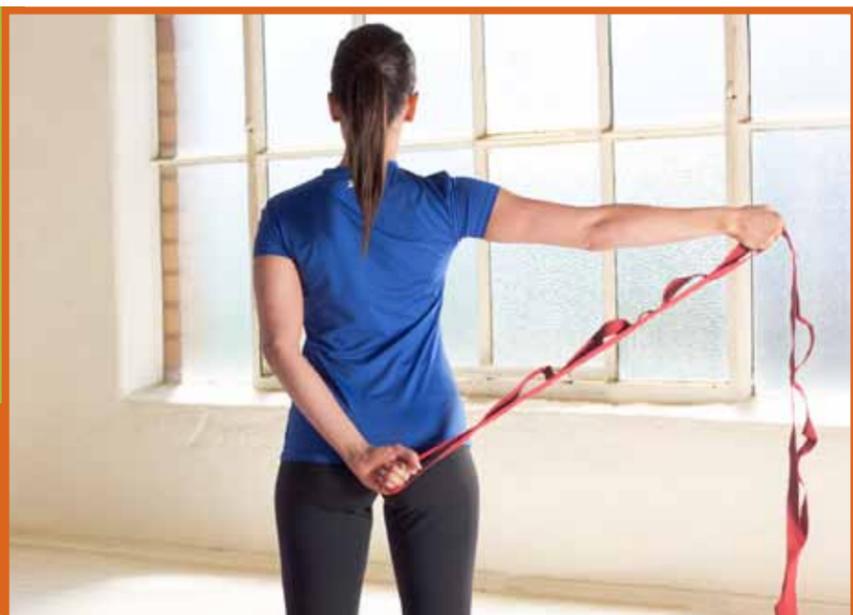
### Overhead Triceps Stretch

Grab on end of the stretch strap with your right hand. Place the strap over your right shoulder and grab behind your back with your left hand. Perform three times and switch the locations of your hands allowing you to stretch your left Triceps.



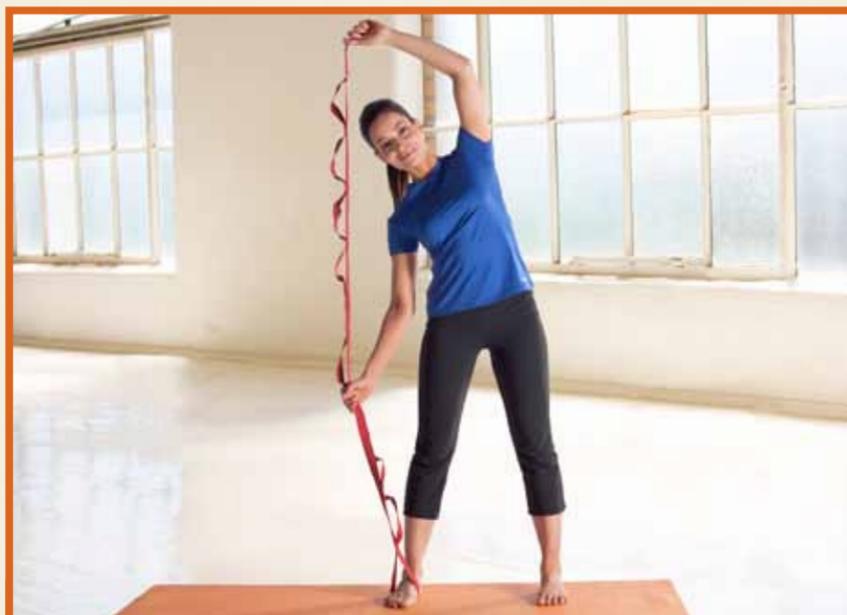
### Across Body Triceps Stretch

Grab one end of the stretch strap with your right hand. Place the strap over your left shoulder and grab behind your back with your left hand. Pull down with your left hand allowing you to stretch across your body. Perform three times and switch the locations of your hands allowing you to stretch your left triceps



### Side Triceps Stretch

Hold strap in your right hand out to your side. Keeping the strap behind your back place the other end in your left hand by your left side. Keeping your right arm straight, pull your right hand up while stretching the side of your left Triceps. Perform three times and switch to stretch your right Triceps.



### Side of Body and Triceps Stretch

Place right foot in last loop of strap. Reach up with left arm and grab other side of strap above your head. Keep your body straight at all times. Grab with your right hand and pull down allowing you to stretch your left side of your body. Perform three times and switch to stretch your right side.



### Lower Back Stretch

Sit with legs bent and feet flat on floor. Keep back straight. Hold each end of strap in each hand. Put the strap over your shoulder and wrap around under arm. Push against the strap with the upper back while resisting with your arms and hands. Relax. Pull your chest closer to the knees. Continue to push against the strap with the upper back, relax and pull down moving the chest closer to the knees.



### Lower Back Stretch

Place your right foot in the end loop. Run the strap along your back while keeping the other end in your right hand over your right shoulder. Lay on you front. Pull up over your head with you right hand bringing your right leg toward you buttock and stretching your quadriceps. Perform 3 times and then switch to your left leg and left arm.

# TOTAL BODY STRETCH KIT



### Hamstring Stretch

Stand in the middle of strap. Bend over at waist keeping back straight and head up. Do not lock your knees. Hold loops in each hand. Pull up on the strap stretching your hamstrings. Try to stretch lower each time you pull on the strap.



### Hamstring Stretch

Lay flat on the ground. Put your right foot through the last loop of the strap and grab the strap with your hands. Place right foot directly in the air while keeping left leg flat on the ground. Pull down on strap bringing your leg closer to your head. Perform 3 times and switch legs



### Hamstring, IT Band Stretch

Lay flat on back. Put right leg through last loop of stretching strap. Try to pull the right foot up toward the left shoulder. Push the right foot away from the shoulder while holding tight with the strap. Again, pull the foot closer to the shoulder. Perform 3 times, switch legs.



### Inner Hamstring, Inner Thigh Stretch

Lay on left side. Put right foot in last loop of strap. Bring your right leg up by pulling the strap toward you. Keep leg straight. Perform 3 times and switch legs.



### Hamstring, Calf & Lower Back Stretch

Sit on the floor with both legs straight out, back straight and head up. Grab both sides of stretch strap with each hand and loop around your 2 feet. Pull the strap towards you bringing your back toward your knees. Keep back straight while you pull lower.



### Calf Stretch

Sit on the floor with 1 leg straight and 1 leg crossed over the other. Grab both sides of the strap with each hand and loop around your outstretched foot. Push forward with your feet, relax for a second, then pull back with the strap. Perform 3 times and switch legs.



### Inner Thigh Stretch

Sit on the ground with your legs spread apart, your back straight and chin up. Loop each end of the strap around each foot. Reach out toward your feet and grab along the strap. Pull toward your body bringing your chest to the floor. Perform 3 times.



### Inner Thigh Stretch

Sit on the floor with your back straight, chin up and feet together in front of you. Loop each foot in each end of the stretching strap keeping the strap in each hand. Pull your feet toward your body. Relax and then try to pull in closer. Perform 3 times.