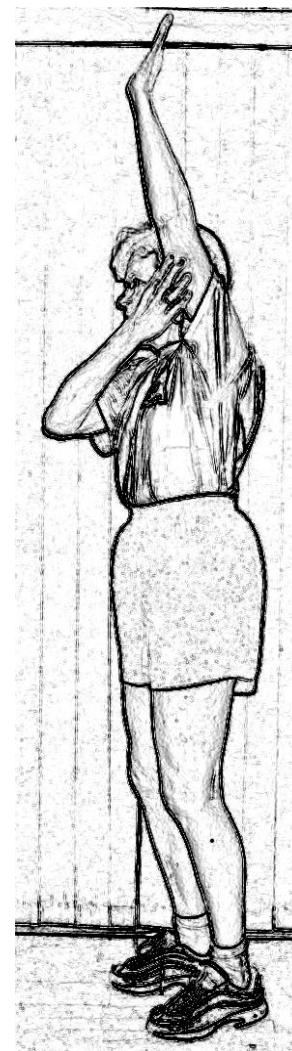
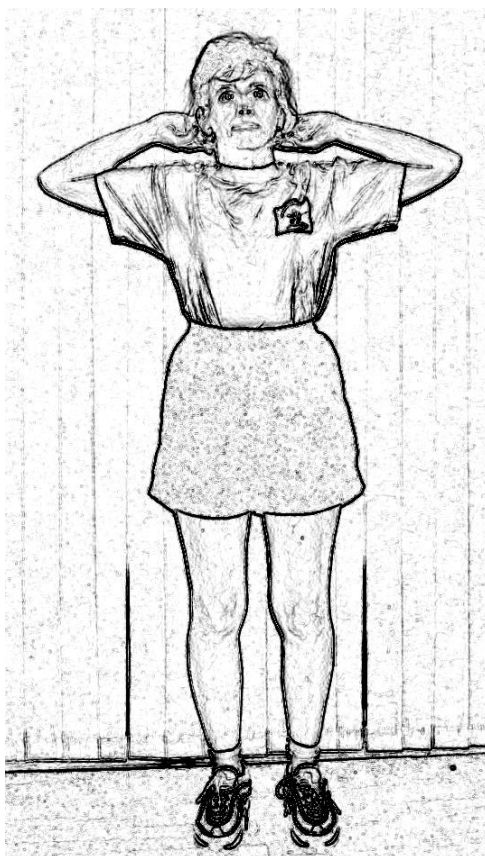
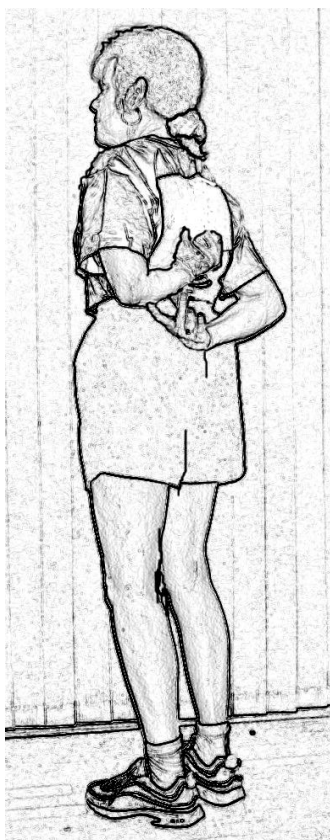


Isometric Shoulder stretches



1. Reach behind back as far as you can, then push against yourself with the other hand. Hold for 7 seconds. Relax a little, then push a little higher. Repeat the resistance 2 more times.

2. With fingertips behind base of head, open your elbows outward as wide as possible. Gently push back. Hold for 7 seconds. Relax a little, and open elbows a little wider. Repeat the resistance 2 more times.

3. Reach as high as possible while keeping stomach pulled in. Place other hand against upper arm and push against it lightly without losing the position. Relax a little, then push a little higher. Repeat the resistance 2 more times.

KEEP STOMACH TIGHT, KNEES SLIGHTLY BENT, FEET STRAIGHT AHEAD, CHIN IN AND HEAD HIGH DURING ENTIRE EXERCISE!