

Stretching for:

UPPER BODY

PRE-STRETCH WARM-UP

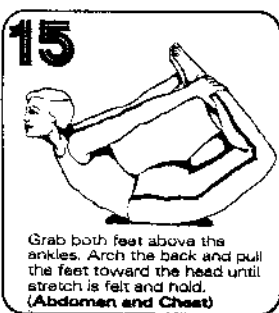
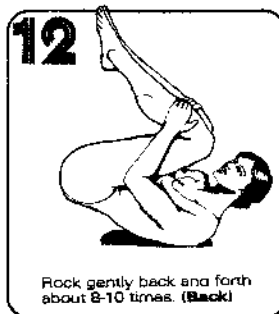
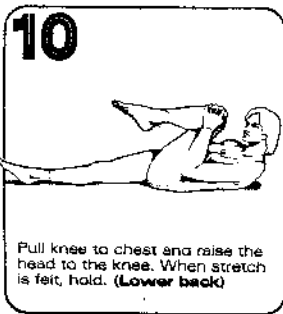
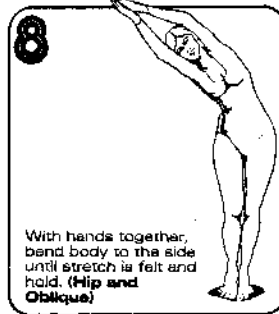
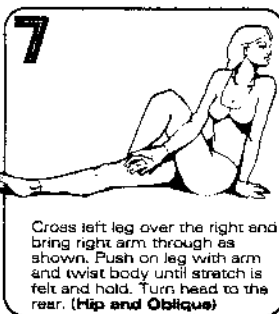
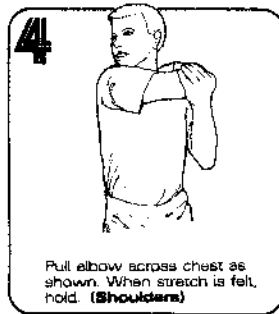
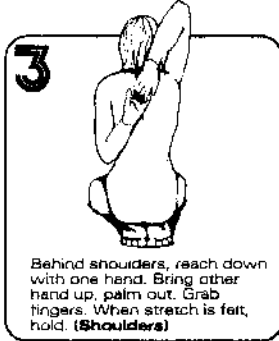
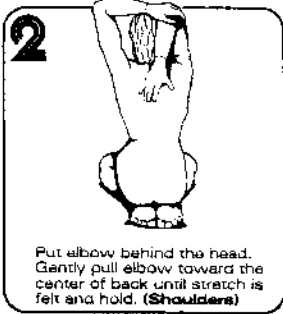
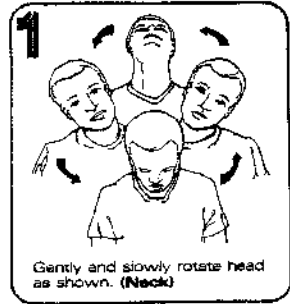
Always warm up the muscles before stretching to avoid injuries. Wear sweats during the warm-up and stretch periods.

Some suggested pre-stretch warm-ups are:

- Walk for ten minutes.
- Soak in a warm tub for fifteen minutes.
- Gently rotate each arm and leg in a circular motion twenty-five times.

DIRECTIONS FOR EXERCISES

1. Do exercises prescribed for you.
2. Hold positions for 30 to 60 seconds.
3. Achieve the stretch position gently, **no bouncing or jerking!**
4. The stretch position should have a tight feeling, **never pain!**
5. Do all exercises to both sides of body.
6. Stretch before and after your sport activity. If you have time for only one, **before is the most important.**



STRETCHING CHARTS & PADS
FOR 15 DIFFERENT SPORTS
TWO COLOR 2' x 3'
GLOSSY WALL CHART
designed and created by
John E. Beaulieu
author of
Stretching for All Sports
STRETCHING CHARTS, INC.
P.O. Box 44646
Tacoma, WA 98444

PRESCRIPTION PAD
(CIRCLE THE NUMBER OF EACH PRESCRIBED EXERCISE.)

copyright 1980
Do not reproduce
Unauthorized reproduction is illegal