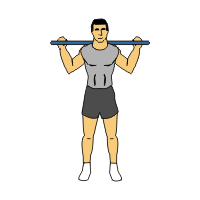
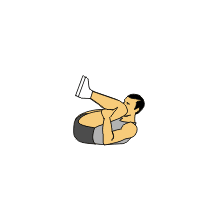
**Dynamic Stretches**

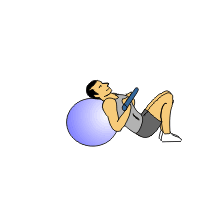
**Arm Swings**  
1. Stand tall and hold arms out to your side.  
2. Slowly swing your arms back and forth across the front of your body.  
3. Repeat this continuous motion for 30 seconds.

  
  
**Side Bends**  
1. Stand with a shoulder width stance. Place a toning bar on your shoulders (optional).

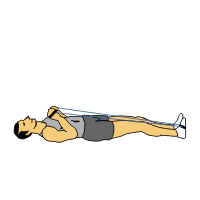
2. Lean to one side keeping your torso straight. Do not bend forward or backwards.

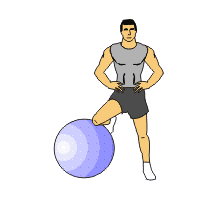
3. Hold for a count of 2 and then repeat to the other side.

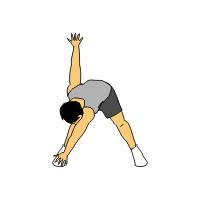
**Trunk Rotations**  
1. Stand with a shoulder width stance. Place hands on hips.  
2. With knees slightly bent, turn from side to side keeping feet firmly on the floor.  
  
  
**Full Back Stretch**  
1. Lie on your back and bring both your knees to your chest with hands clasped under back of knees.  
2. Roll forwards until your feet touch the floor and then immediately roll back until just before your head touches the floor.

**Abdominal Stretch**  
1. Start by lying on your back on the stability ball holding a toning bar at your chest (the toning bar is optional).

2. Push back with your feet and simultaneously push the bar over and behind your head.   
3. Your legs should be straight and your arms outstretched.

**Hamstring Stretch**  
1. Lie on your back and place a piece of exercise tubing (or rolled up towel) around the bottom of one of your feet.

2. Pull the tubing and raise your leg at the same time until a comfortable stretch is felt.   
  
  
  
  
**Groin Stretch**  
1. Start by placing your right knee on top of a stability ball and maintain your balance.  
2. Slowly spread your leg out to the side until you feel a stretch on the inside of your thigh.

  
  
  
**Alternate Toe Touches**  
1. Start by standing with your feet spread as far apart as comfortably possible.   
2. Lean forward toward one leg and try to reach your foot or until a **comfortable** stretch is felt in your low back and hamstrings.  
3. Now try to touch the other foot with the opposite arm. This motion should be continuous alternately touching each foot (as close as possible) with the opposite hand.

**Leg Swings**  
1. Start by standing with your feet shoulder width apart.   
2. Keeping your upper body perpendicular to the ground swing one leg forward and backward.  
3. Do not swing your leg so hard that you cannot keep your upper body from moving.   
4. You can also swing your leg across your body stretching the abductors and adductors.