# 4) REPEAT CIRCUIT TRAINING DRILLS

# 5) STRETCHING PROGRAM B

## #1B LOW BACK TWIST

**Hold 1 minute for each side**

**Start Position**: Lie on your back with your right leg flexed 90 degrees at the hip and 90 degrees at the knee. Allow the right leg to cross over your body. Thus, twisting the lower half of the body as shown in the illustration. Make sure that both shoulders stay in contact with the floor.

**Action**: Gently apply pressure with your left hand to the right knee. A comfortable stretch should be felt in the low back and hip region. Hold for 1 minute, then switch sides.

## #2B EXTENSION STRETCH

**Hold for 1 minute.**

Step #1

Step #2

**Start Position**: Lie face down with flexed arms at your sides as shown in the illustration. Keep the body as long as possible with hands and elbows anchored throughout the sequence. Rest forehead on the floor to lengthen your neck.

**Action**: Move your head up and away to begin back arch. Very slowly press forearms on the floor to slowly raise upper body while shoulders move toward hips. Keep neck in a neutral position and hips on the floor. Do not tilt head back, or allow shoulders to move toward ears! A very gentle and comfortable stretch should be felt in the stomach area. Do not do this stretch if it causes back pain.

## #3B WRIST FLEXORS

**Hold for 1 minute**

**Start Position**: In a standing position arms length from a wall place both hands against the wall at eye level with the finger tips pointed straight down. Elbows are bent and spine is straight.

**Action**: Slowly straighten your elbows, bend your knees and lean forward into the stretch. The tension should be felt mainly in the forearm area.

## #4B SHOULDER

**Hold 1 minute for each arm**

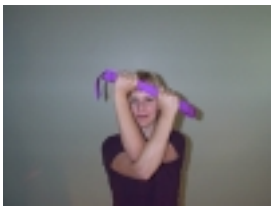
**Start Position**: Reach behind your head and down as far as you can with your right hand.

**Action**: Grab your right elbow with your left hand and gently apply pressure to the right elbow in a direction that moves the right hand further down the upper back. Do not drop your head forward or arch the low back. Hold for 1 minute and switch sides.

## #5B SNAKE

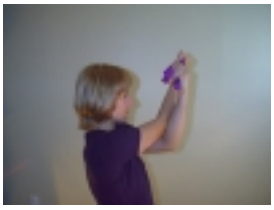
**Hold 1 minute for each arm**

**Start Position**: Cross one arm over the other. Bring your palms together if flexibility allows, or use a strap.



Step #1

**Action**: Move shoulders down while bringing your elbows up. Finally, move your hands away from your face to increase the intensity of the stretch. Hold for 1 minute and switch arms.

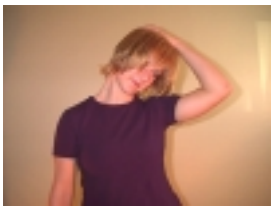


Step #2

## #6B NECK

**Hold 1 minute for each side**

**Start Position**: Move your head from a central position with shoulders down and back, to the left side (left ear travels to the left shoulder). Your head should be slightly forward and turned to the left. Mild tension should be felt in the right neck area.



**Action**: With your left hand add gentle pressure to your head in the down and forward direction. Hold for a minute then switch sides.

## #7B CAT

**Repeat for 1 minute**

**Start Position**: Begin this active stretch in the crawl position with hands shoulder width apart and knees hip width apart. Think of elongating your spine in a horizontal direction.

**Action**: As you exhale slowly allow the head and tail bone to relax in a downward direction while actively arching your mid-spine. Hold this position until you can exhale no more. As you begin to inhale slowly allow the mid-spine to gently arch downward. The head and tail bone should be slightly tilted up. Do not over arch your neck and low back! Hold until the lungs are filled and return to start position. Repeat sequence at a very slow pace for 1 minute.

Step #1

Step #2

Step #3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*Do not perform the exercises and stretches if they cause discomfort or pain. These exercises and stretches are not intended to replace the advice of your medical doctor, chiropractor, physical therapist, massage therapist, personal trainer, or other healthcare provider. Consult your healthcare provider if you have an injury, are pregnant, are taking medication, have, or have had high blood pressure or a heart condition.