Stretching Routines: Sports and Activities

These routines will help prepare you for various sports and activities. Each routine has general stretches for the whole body, as well as specific stretches for that particular sport or activity.

To begin with, follow these routines, but after a while, you may want to develop your own routines. This is all right to do, *so long as you follow the correct method of stretching* (see pp. 12-20). Be sure you know the individual stretches before you do the routines. For instructions, refer to the page number below each drawing.

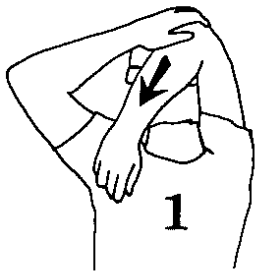
To Teachers and Coaches: These routines can serve as guidelines. You may wish to change some part of the routines to meet specific needs and time allotments.

Baseball/Softball 112
Basketball 114
Cycling 116
Football/Rugby 118
Golf 120
Gymnastics/Figure Skating/Dance 121
Hiking 124
Ice Hockey 126
Martial Arts 128
Racquetball/Handball/Squash 130
Running 132
Skiing(Cross Country) 134
Skiing (Downhill) 136
Soccer 138
Surfing 140
Swimming/Water Polo 141
Tennis 142
Volleyball 144
Weight Training 146
Wrestling 148

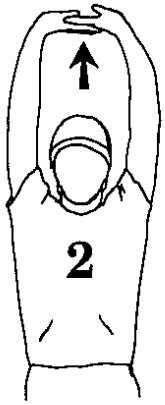
Before and After

Baseball/Softball

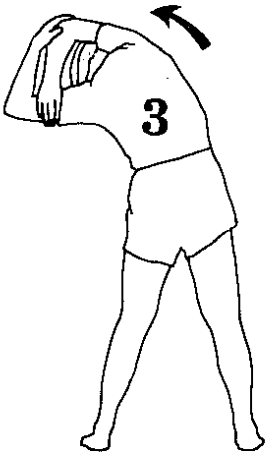
Approximately 12 Minutes



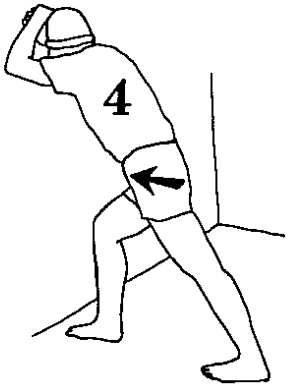
10 seconds
each arm
(page 41)



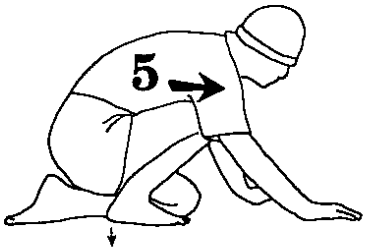
15 seconds
(page 43)



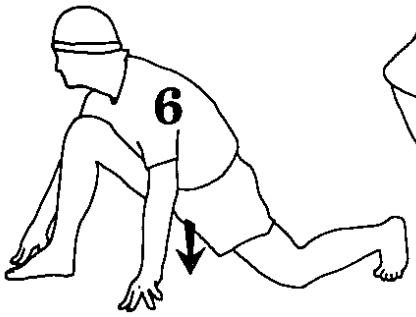
10 seconds
each side
(page 42)



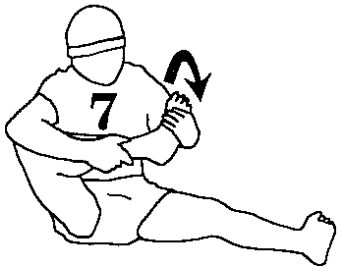
30 seconds
each leg
(page 71)



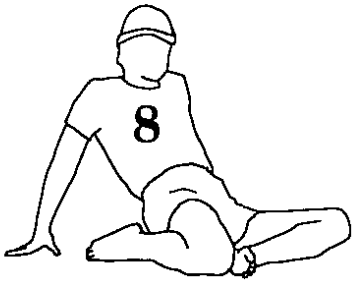
10 seconds
each leg
(page 47)



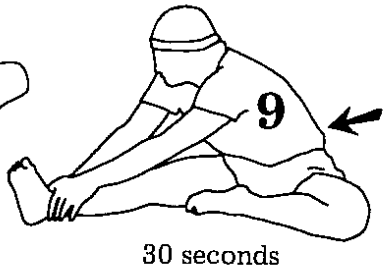
25 seconds
each leg
(page 48)



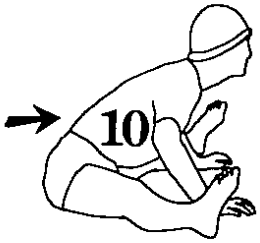
15 times
each direction
(page 31)



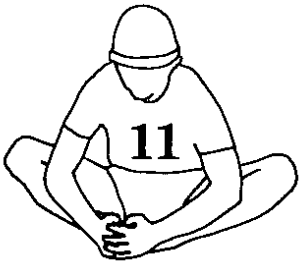
20 seconds
each leg
(page 33)



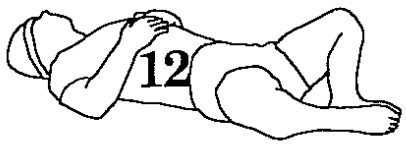
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each leg
(page 36)



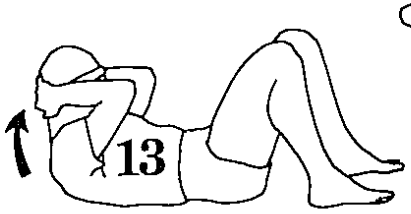
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each leg
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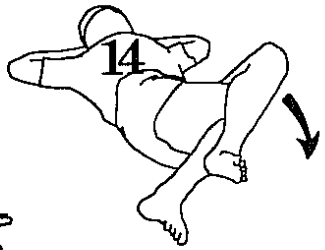
40 seconds
(page 56)



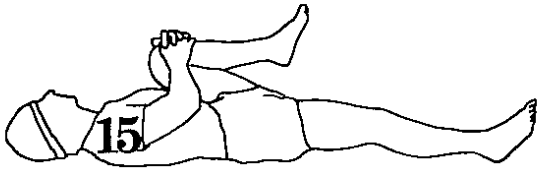
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(page 24)



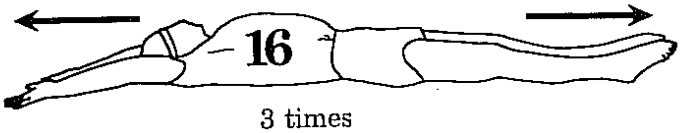
3 times
5 seconds each
(page 25)



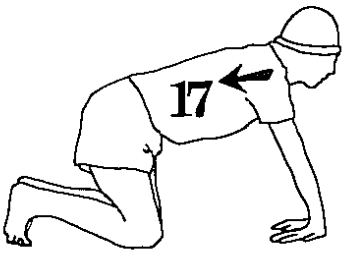
20 seconds
each side
(page 24)



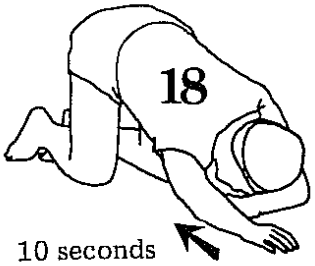
20 seconds
each leg
(page 28)



3 times
5 seconds each
(page 28)



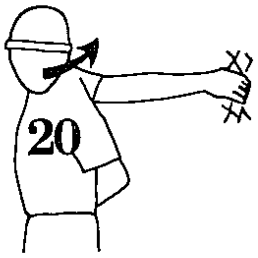
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(page 40)



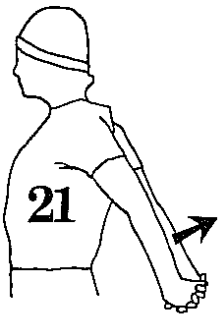
10 seconds
each arm
(page 40)



15 seconds
each side
(page 79)



10 seconds
each arm
(page 81)



15 seconds
(page 44)

Before and After

Basketball

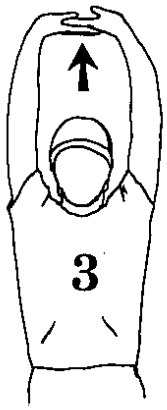
Approximately 12 Minutes



5 times
each direction
(page 89)



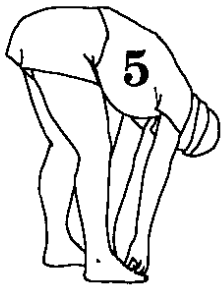
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each side
(page 42)



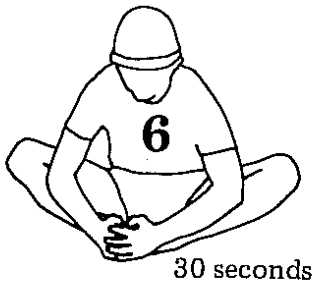
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(page 43)



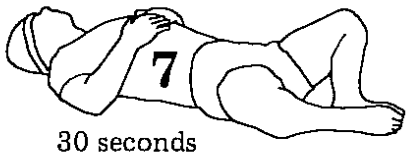
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(page 53)



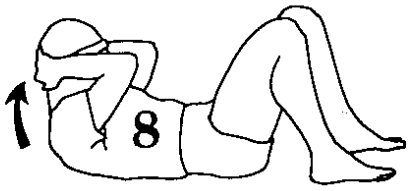
20 seconds
(page 52)



30 seconds
(page 56)



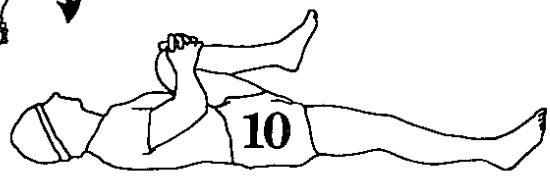
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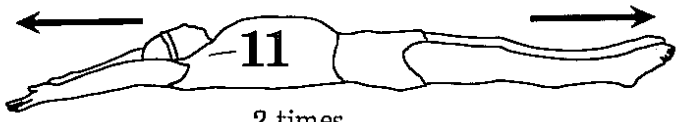
3 times
5 seconds each
(page 25)



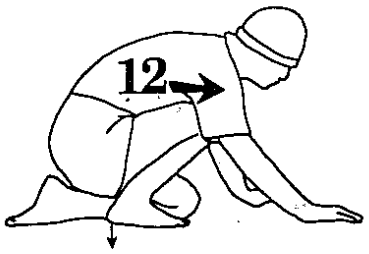
25 seconds
each side
(page 24)



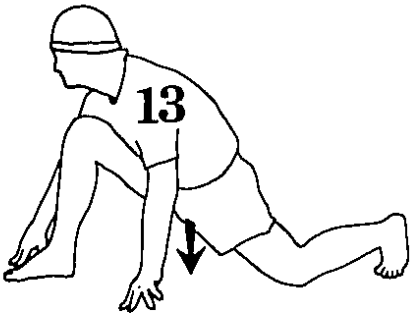
20 seconds
each leg
(page 28)



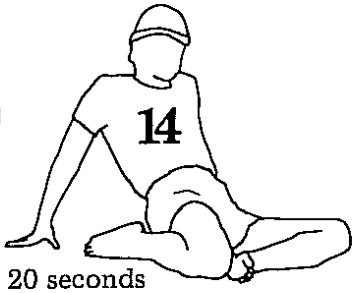
2 times
5 seconds each
(page 28)



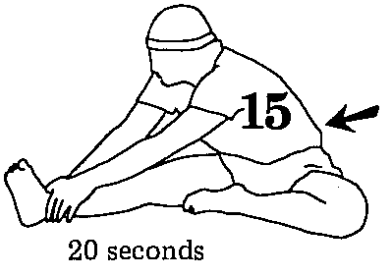
10 seconds
each leg
(page 47)



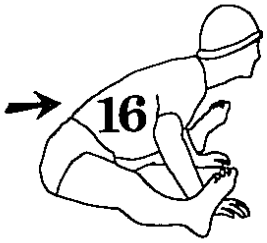
20 seconds
each leg
(page 48)



20 seconds
each leg
(page 33)



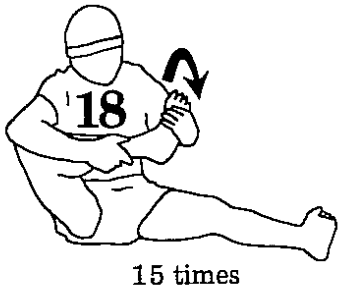
20 seconds
each leg
(page 36)



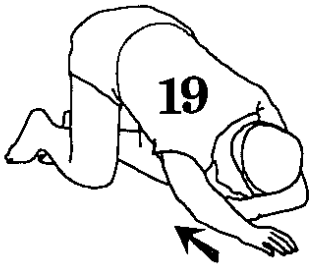
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(page 93)



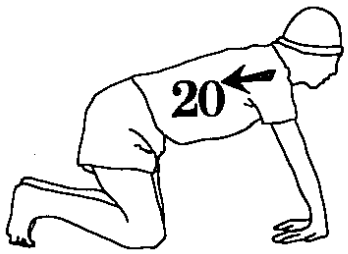
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(page 56)



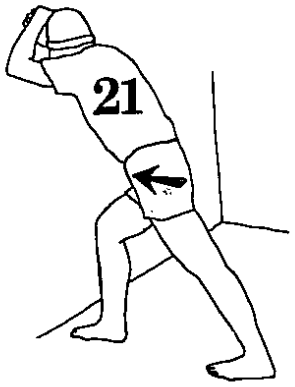
15 times
each direction
(page 31)



10 seconds
each arm
(page 40)



20 seconds
(page 40)

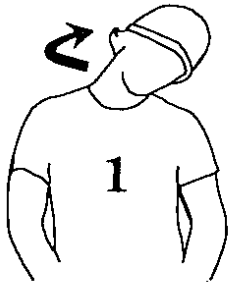


30 seconds
each leg
(page 71)

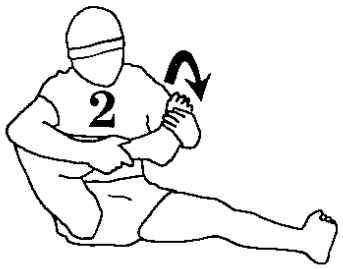
Before and After

Cycling

Approximately 10 Minutes



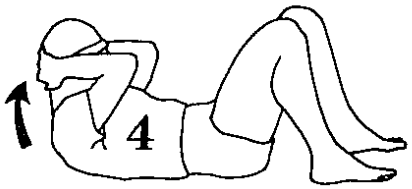
5 times
each direction
(page 89)



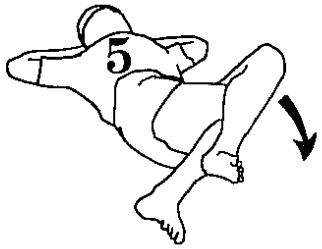
10 times
each direction
(page 31)



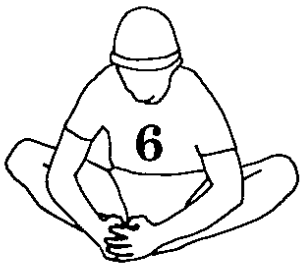
30 seconds
(page 24)



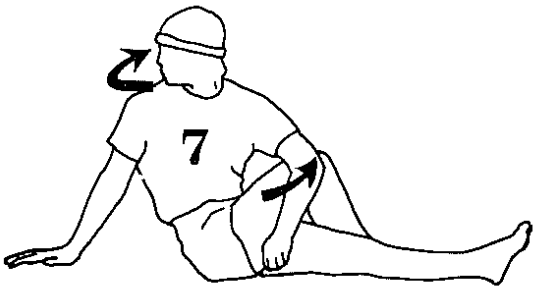
3 times
5 seconds each
(page 25)



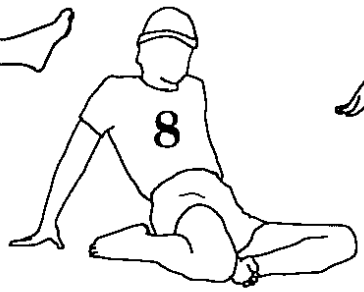
30 seconds
each side
(page 24)



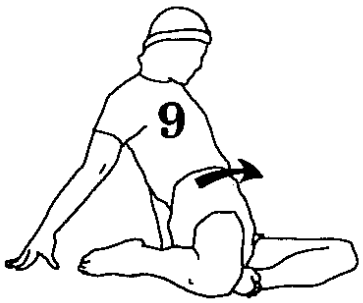
30 seconds
(page 56)



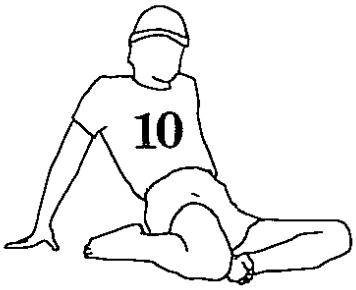
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each side
(page 59)



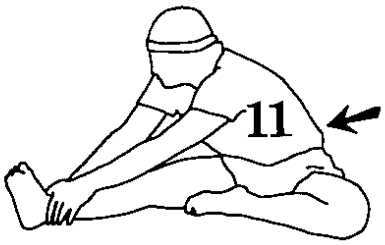
20 seconds
(page 33)



5 seconds
(page 35)

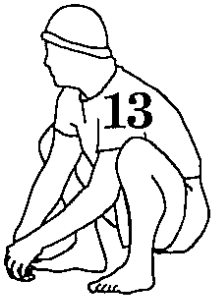


20 seconds
(page 33)

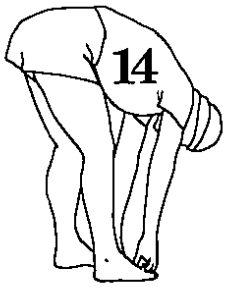


30 seconds
(page 36)

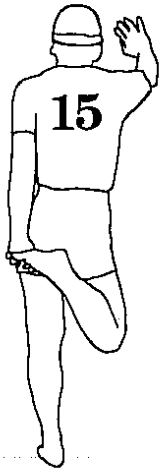
12
Repeat
8, 9, 10, 11
other leg



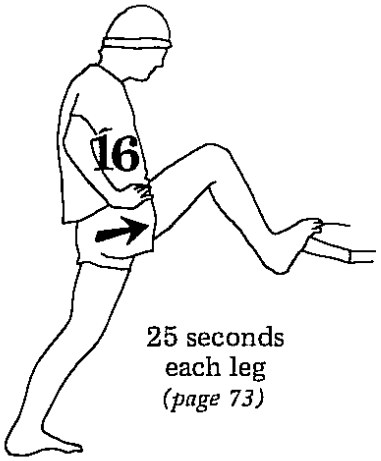
20 seconds
(page 65)



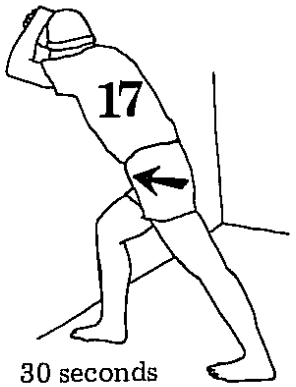
30 seconds
(page 52)



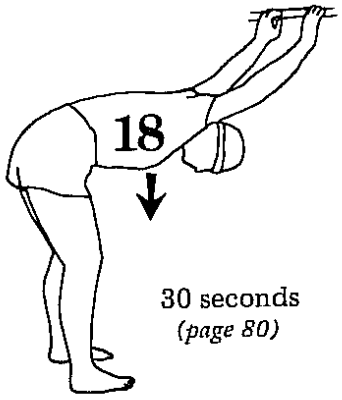
15 seconds
each leg
(page 74)



25 seconds
each leg
(page 73)



30 seconds
each leg
(page 71)

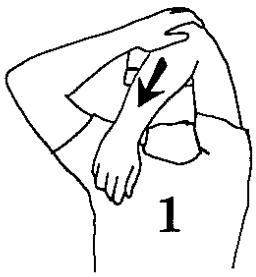


30 seconds
(page 80)

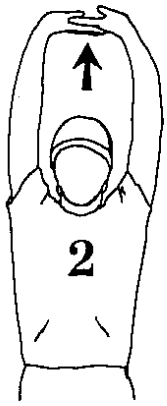
Before and After

Football/Rugby

Approximately 10 Minutes



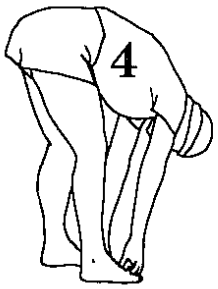
15 seconds
each arm
(page 41)



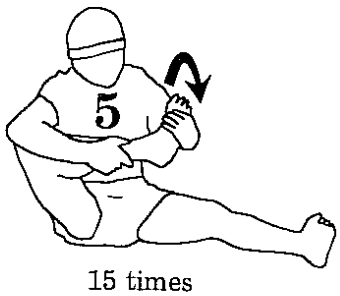
10 seconds
(page 43)



30 seconds
(page 53)



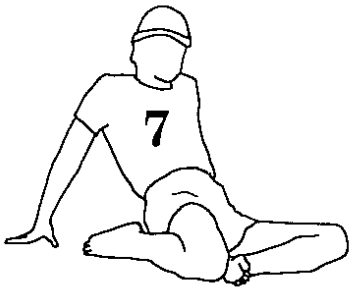
30 seconds
(page 52)



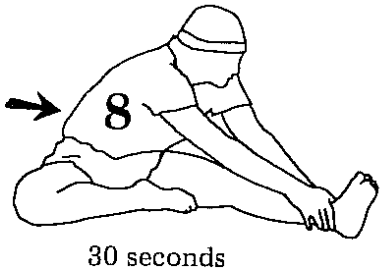
15 times
each direction
(page 31)



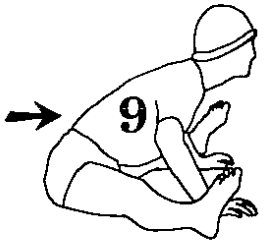
30 seconds
(page 56)



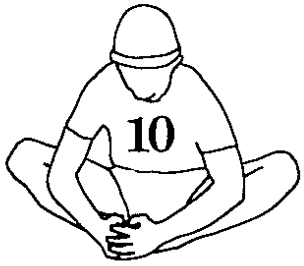
30 seconds
each leg
(page 33)



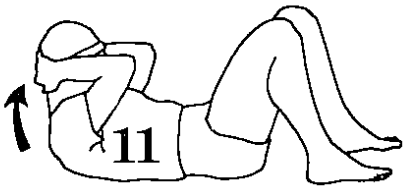
30 seconds
each leg
(page 36)



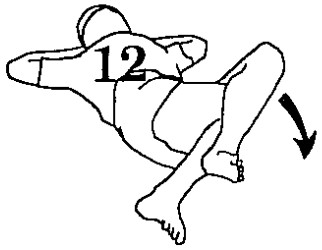
30 seconds
(page 93)



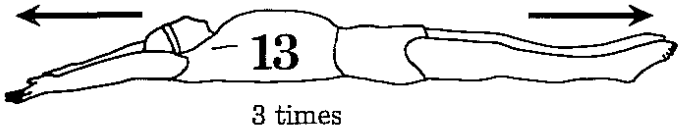
20 seconds
(page 56)



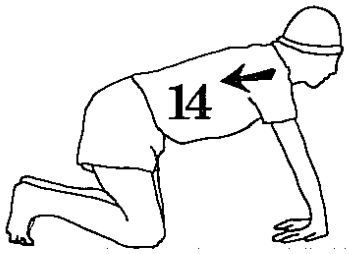
3 times
5 seconds each
(page 25)



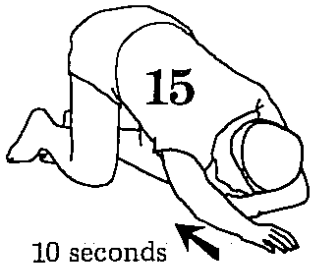
20 seconds
each side
(page 24)



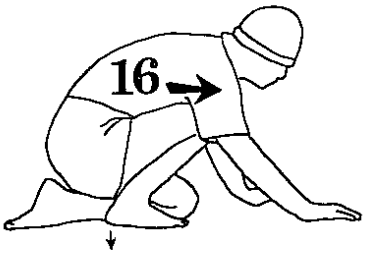
3 times
5 seconds each
(page 28)



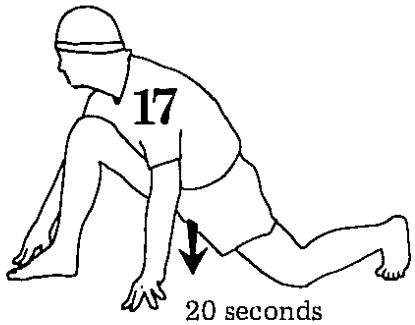
20 seconds
(page 40)



10 seconds
each arm
(page 40)



10 seconds
each leg
(page 47)



20 seconds
each leg
(page 48)

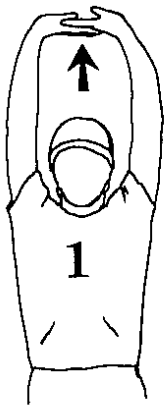


20 seconds
(page 65)

Before and After

Golf

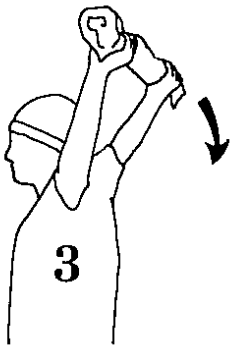
Approximately 6 Minutes



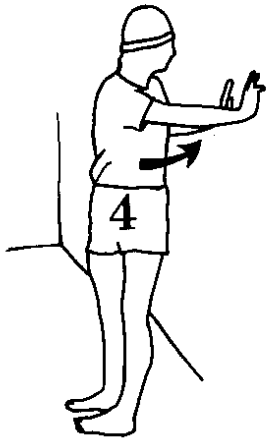
15 seconds
(page 43)



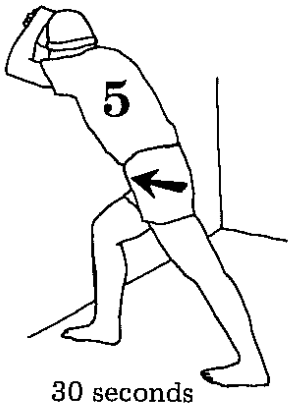
10 seconds
each side
(page 42)



15 seconds
(page 85)



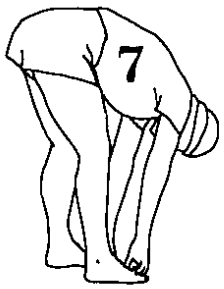
15 seconds
each side
(page 79)



30 seconds
each leg
(page 71)



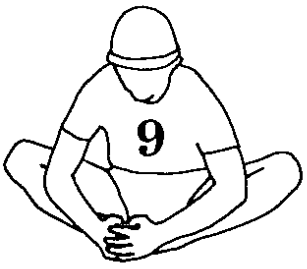
30 seconds
(page 53)



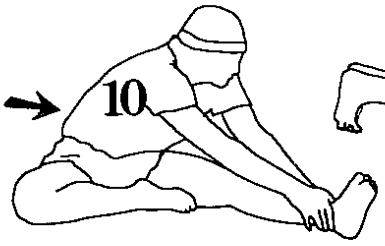
20 seconds
(page 52)



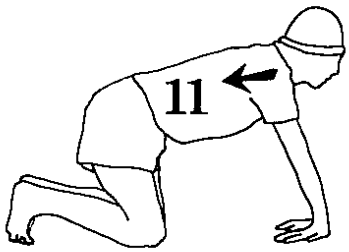
25 seconds
(page 65)



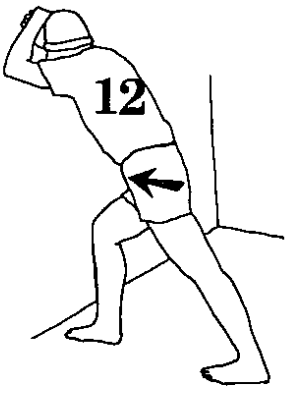
30 seconds
(page 56)



30 seconds
each leg
(page 36)



20 seconds
(page 40)

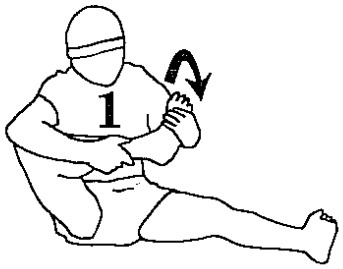


20 seconds
each leg
(page 71)

Before and After

Gymnastics/ Figure Skating/Dance

Approximately 15 Minutes



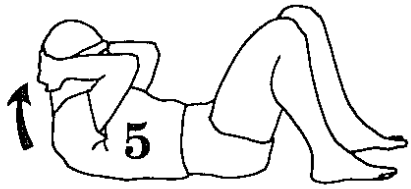
20 times
each direction
(page 31)



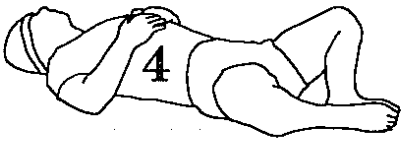
40 seconds
each foot
(page 31)



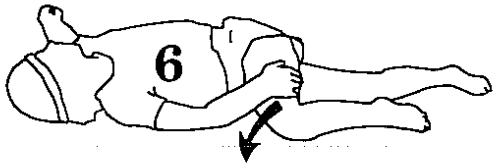
5 times
each direction
(page 89)



3 times
8 seconds each
(page 25)



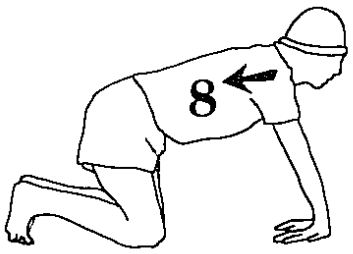
30 seconds
(page 24)



25 seconds
each side
(page 29)



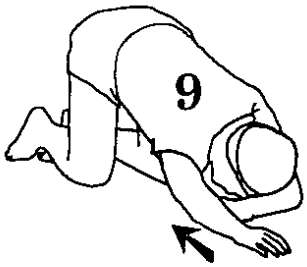
3 times
8 seconds each
(page 28)



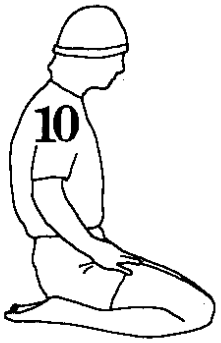
20 seconds
(page 40)

continued . . .

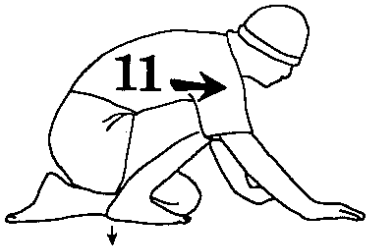
. . . Gymnastics/Figure Skating/Dance



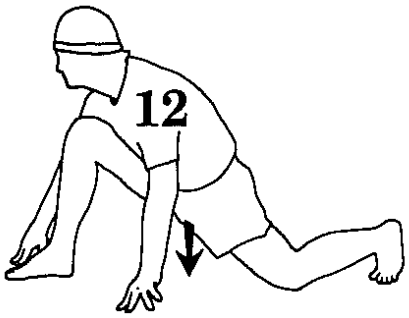
15 seconds
each arm
(page 40)



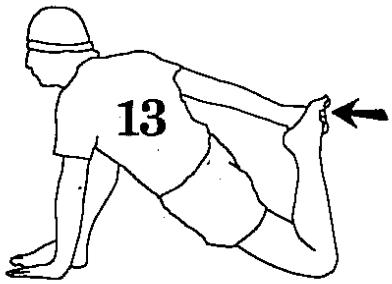
30 seconds
(page 46)



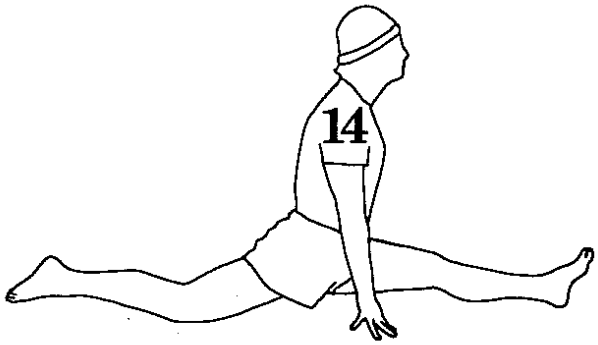
15 seconds
(page 47)



10 seconds
(page 48)

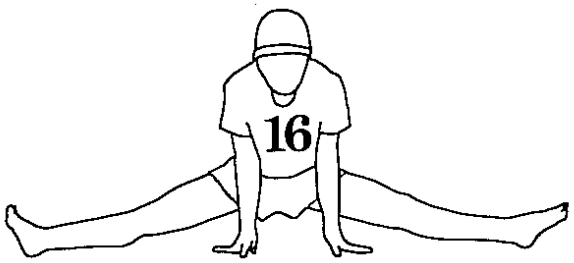


25 seconds
(page 50)

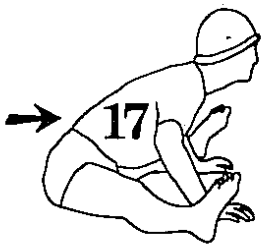


25 seconds
(page 97)

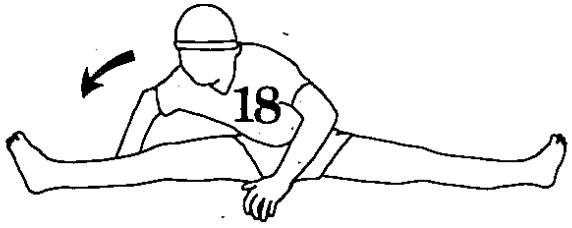
15
Repeat
11, 12, 13, 14,
other side



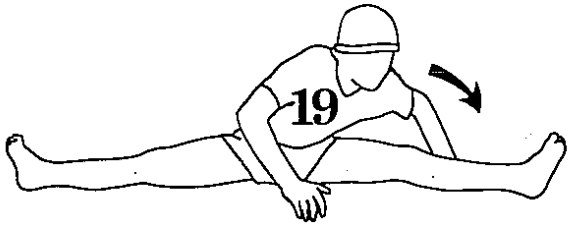
40 seconds
(page 98)



30 seconds
(page 93)



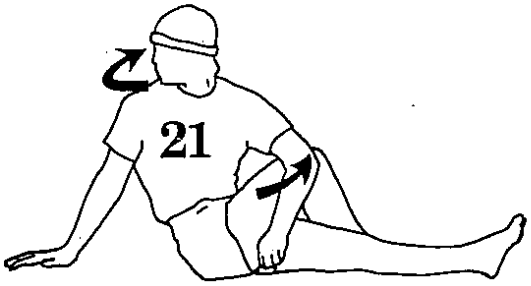
30 seconds
(page 94)



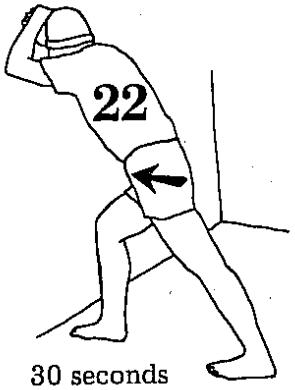
30 seconds
(page 94)



40 seconds
(page 56)



15 seconds
each side
(page 59)



30 seconds
each leg
(page 71)



30 seconds
each leg
(page 75)

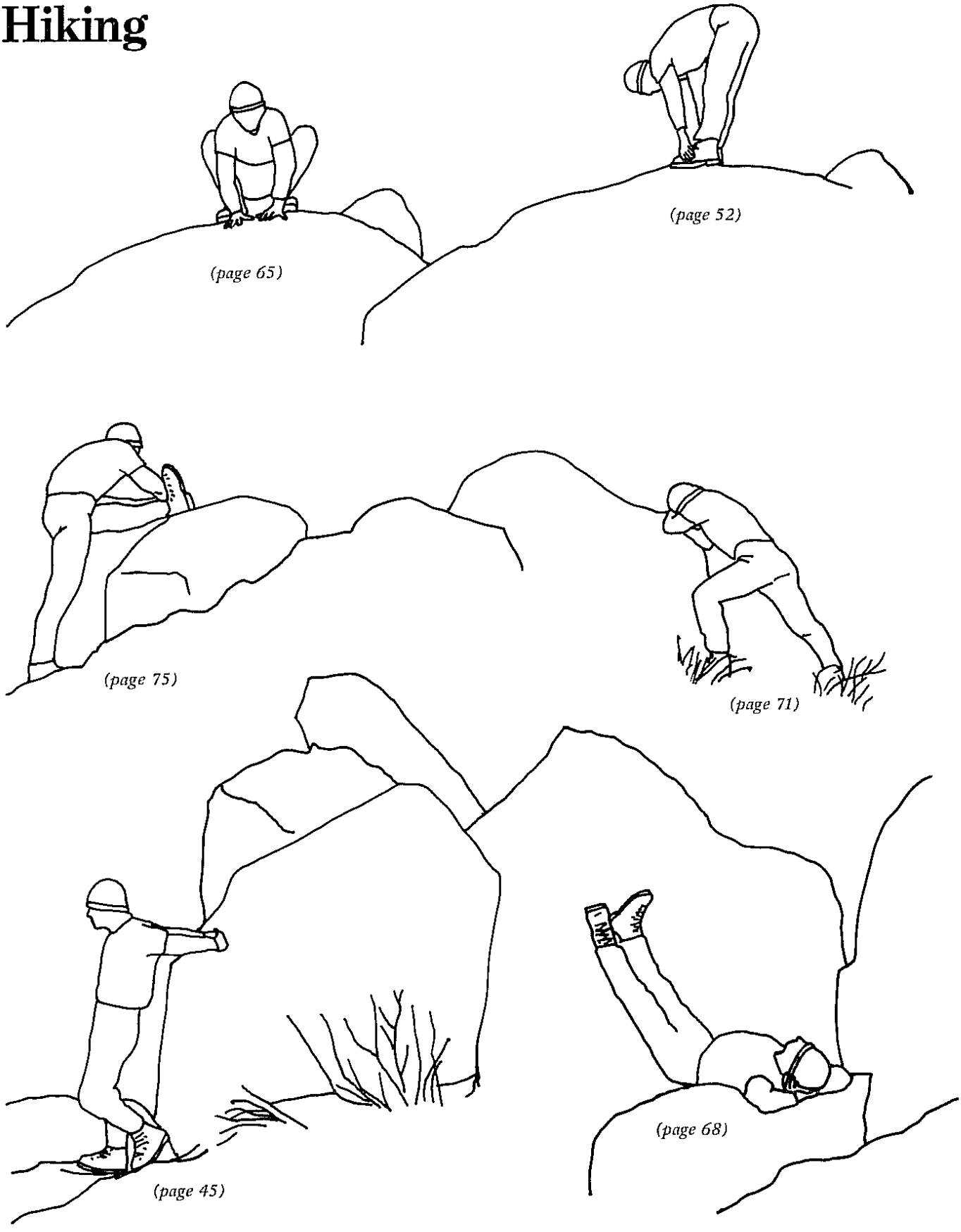


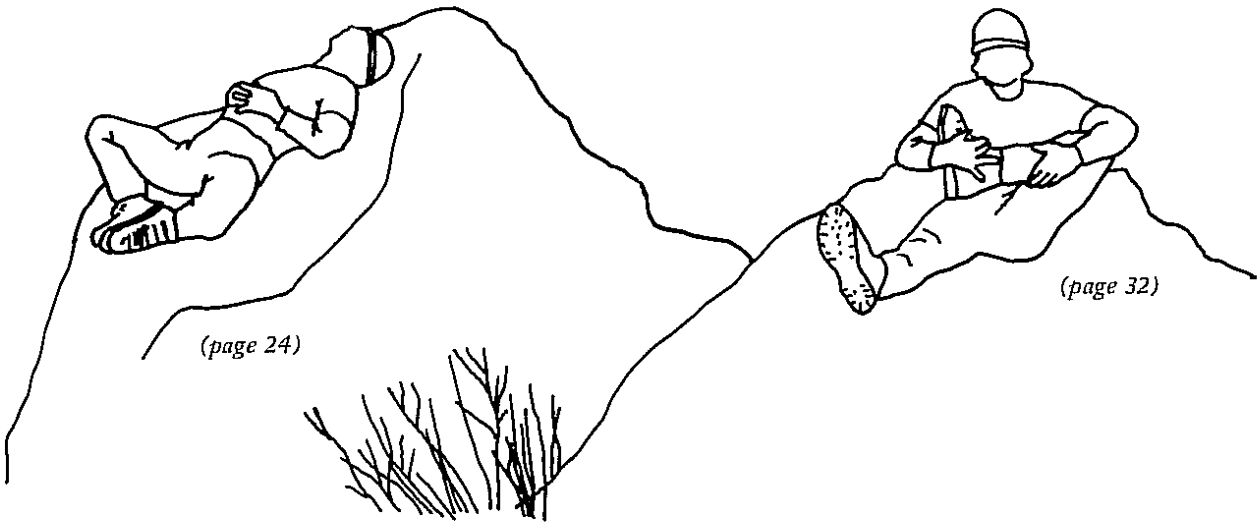
15 seconds
each side
(page 42)



15 seconds
each side
(page 78)

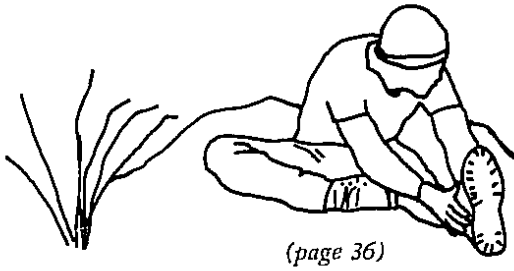
Hiking



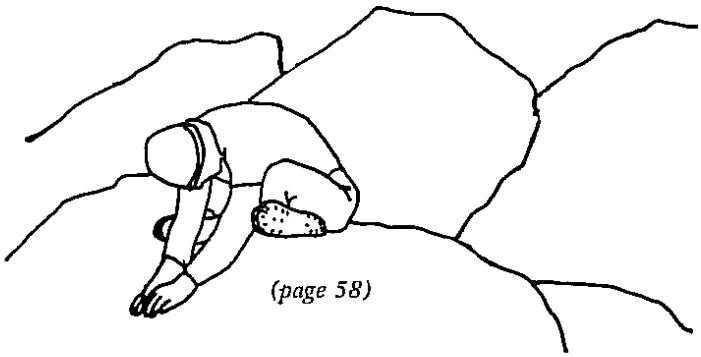


(page 24)

(page 32)



(page 36)



(page 58)

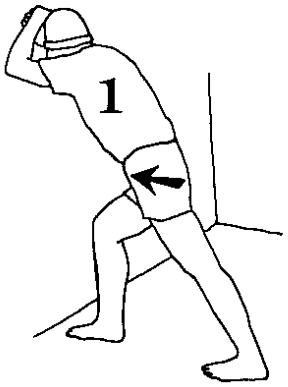


(page 80)

Before and After

Ice Hockey

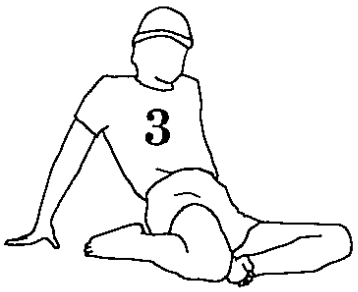
Approximately 10 Minutes



30 seconds
each leg
(page 71)

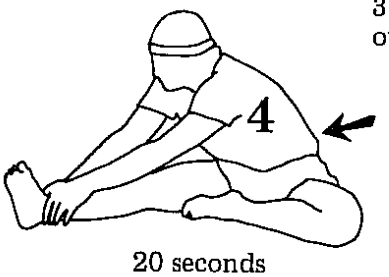


30 seconds
(page 53)

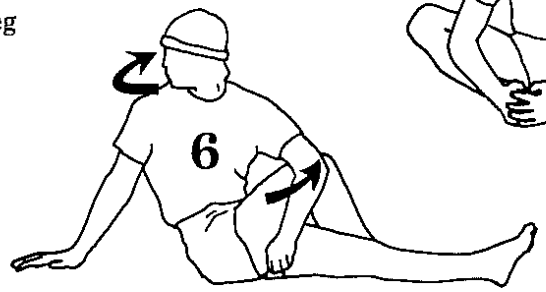


20 seconds
(page 33)

5
Repeat
3 & 4
other leg



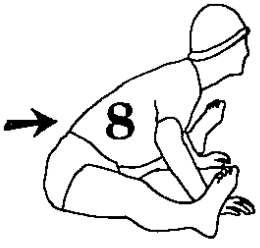
20 seconds
(page 36)



10 seconds
each side
(page 59)



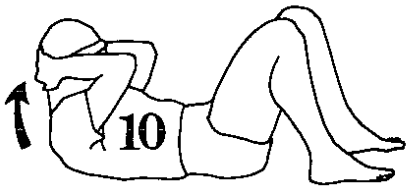
30 seconds
(page 56)



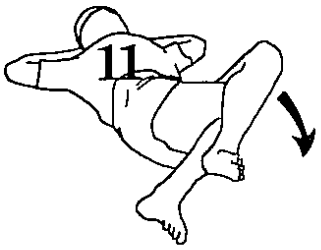
30 seconds
(page 93)



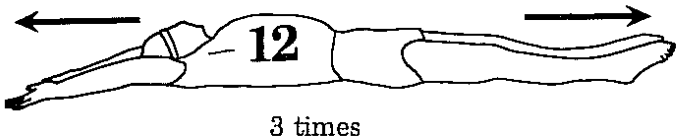
20 seconds
(page 24)



3 times
5 seconds each
(page 25)



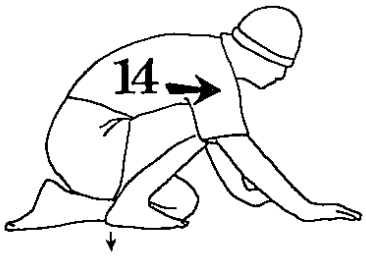
20 seconds
each side
(page 24)



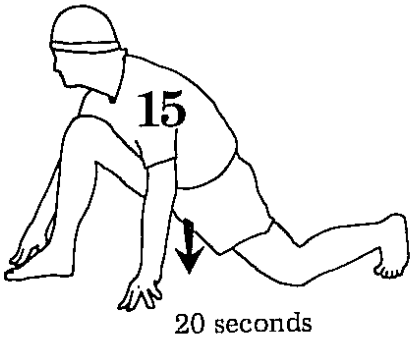
3 times
5 seconds each
(page 28)



20 seconds
(page 65)

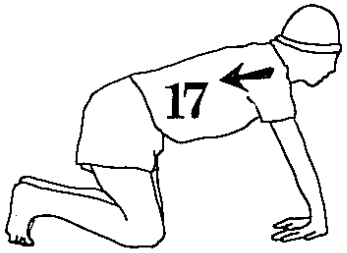


10 seconds
(page 47)

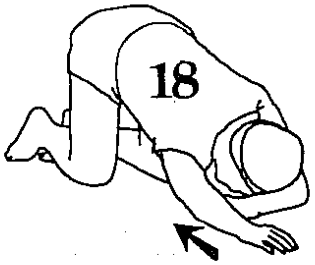


20 seconds
(page 48)

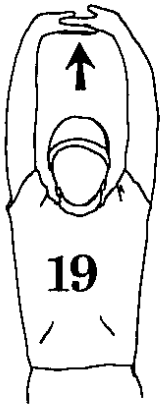
16
Repeat
14 & 15
other leg



20 seconds
(page 40)



10 seconds
each arm
(page 40)



15 seconds
each arm
(page 43)



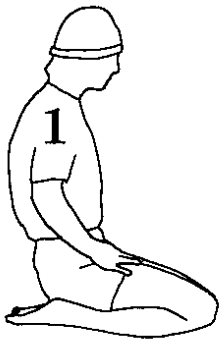
10 seconds
each side
(page 42)

Before and After

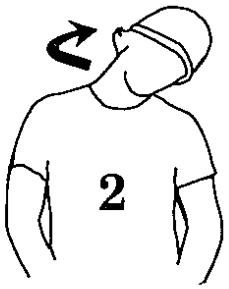
Martial Arts

Approximately 17 Minutes

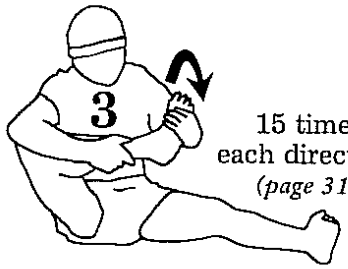
Note: These stretches are not intended to replace your traditional routine, but can be used for improvement of overall flexibility.



60 seconds
(page 46)

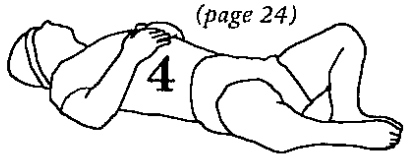


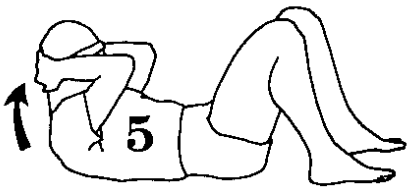
8 times
each direction
(page 89)



15 times
each direction
(page 31)

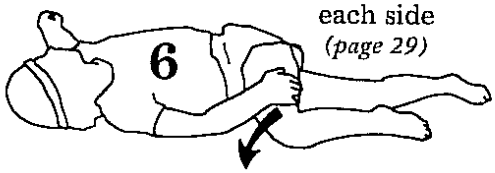
30 seconds
(page 24)





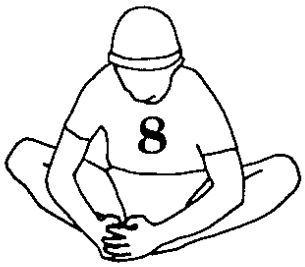
3 times
5 seconds each
(page 25)

25 seconds
each side
(page 29)

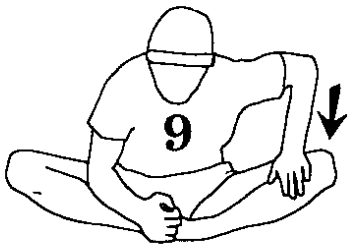




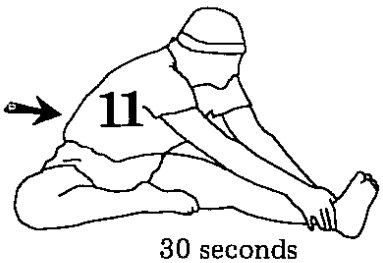
3 times
8 seconds each
(page 28)



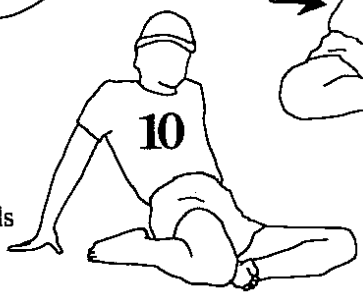
30 seconds
(page 56)



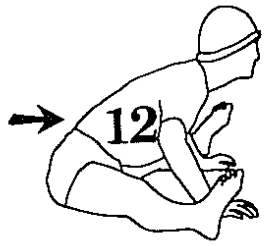
30 seconds
each leg
(page 57)



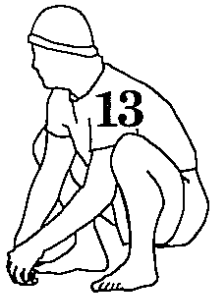
30 seconds
each leg
(page 36)



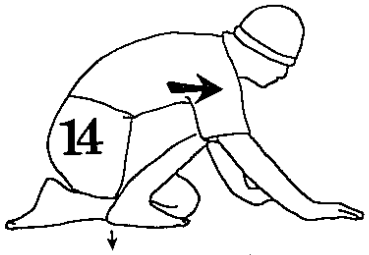
30 seconds
each leg
(page 33)



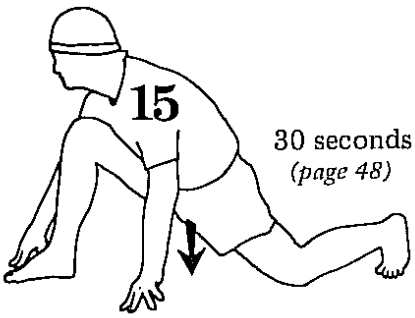
30 seconds
(page 93)



30 seconds
(page 65)

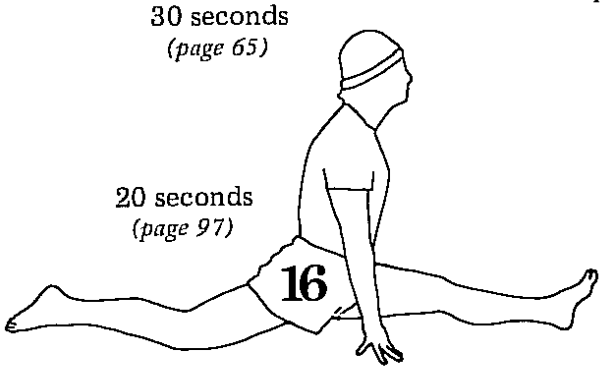


15 seconds
(page 47)

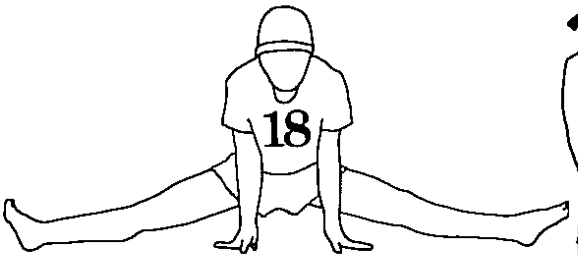


30 seconds
(page 48)

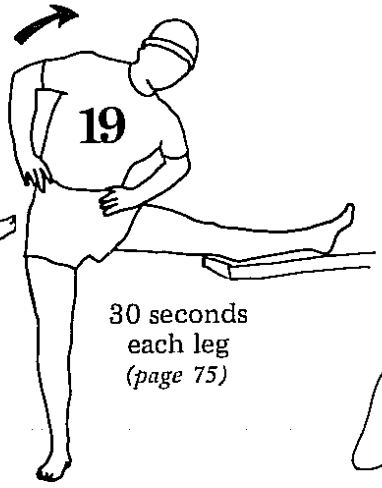
20 seconds
(page 97)



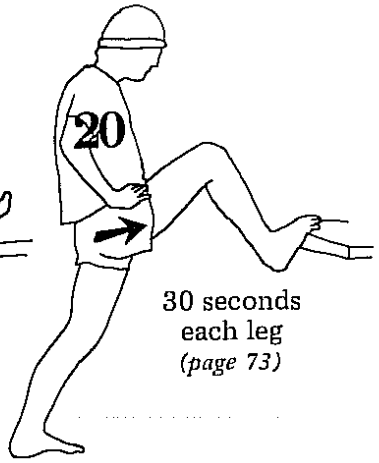
17
Repeat
14, 15, 16
other leg



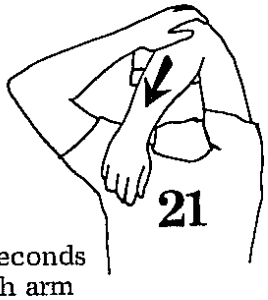
30 seconds
(page 98)



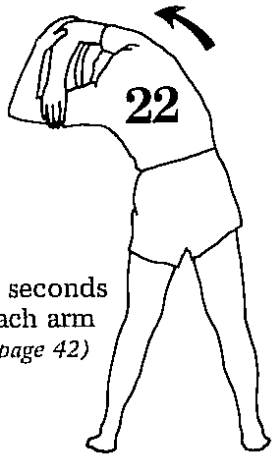
30 seconds
each leg
(page 75)



30 seconds
each leg
(page 73)



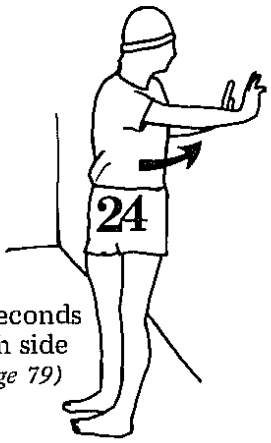
15 seconds
each arm
(page 41)



15 seconds
each arm
(page 42)



20 seconds
(page 43)

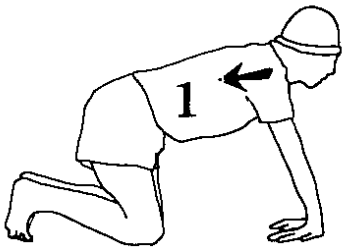


20 seconds
each side
(page 79)

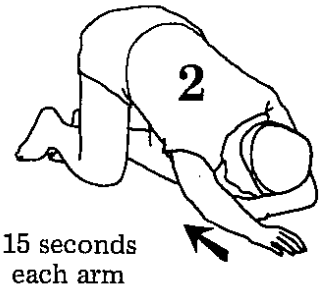
Before and After

Racquetball/Handball/Squash

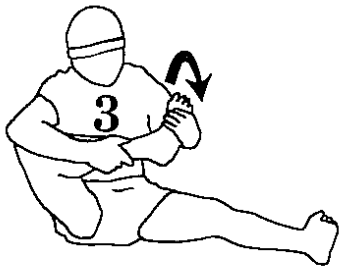
Approximately 10 Minutes



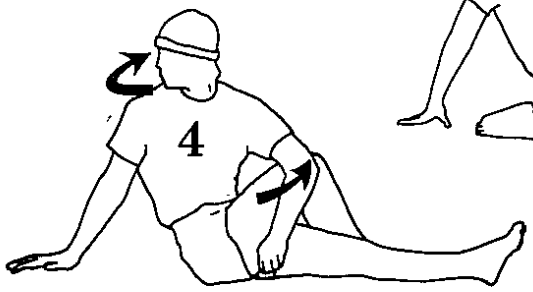
20 seconds
(page 40)



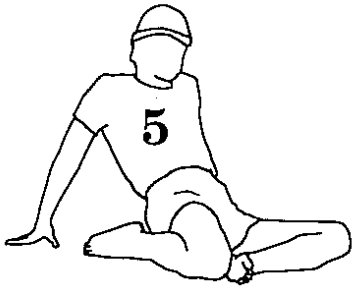
15 seconds
each arm
(page 40)



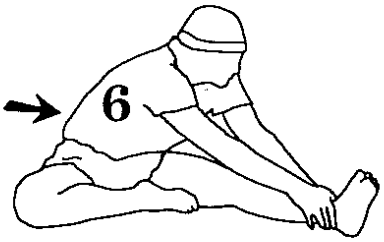
15 times
each direction
(page 31)



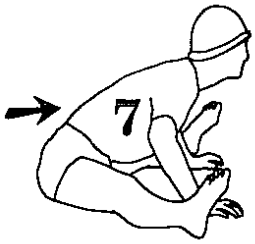
10 seconds
each side
(page 59)



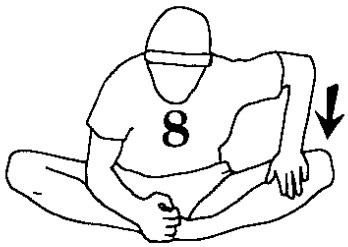
25 seconds
each leg
(page 33)



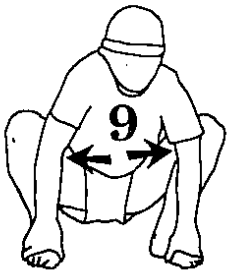
10 seconds
each leg
(page 36)



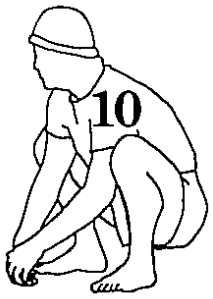
20 seconds
(page 93)



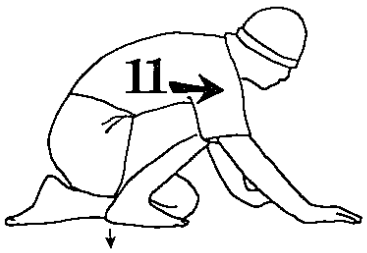
20 seconds
each leg
(page 57)



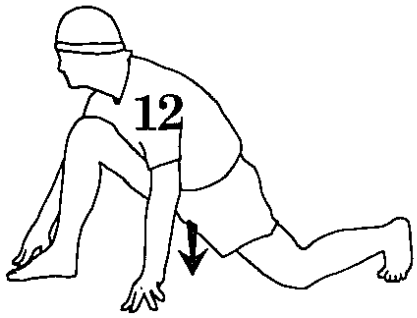
15 seconds
(page 66)



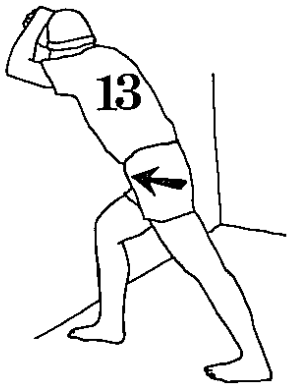
25 seconds
(page 65)



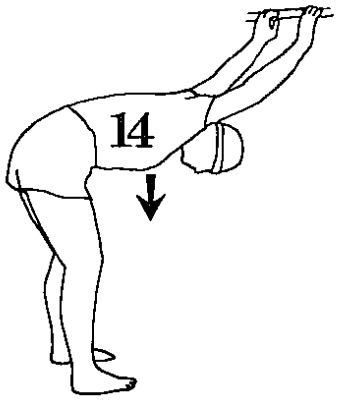
10 seconds
each leg
(page 47)



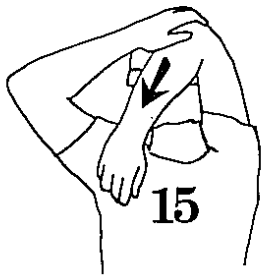
20 seconds
each leg
(page 48)



30 seconds
each leg
(page 71)



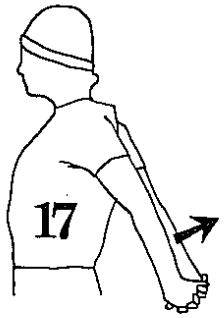
15 seconds
(page 80)



15 seconds
each arm
(page 41)



20 seconds
(page 43)



10 seconds
(page 44)

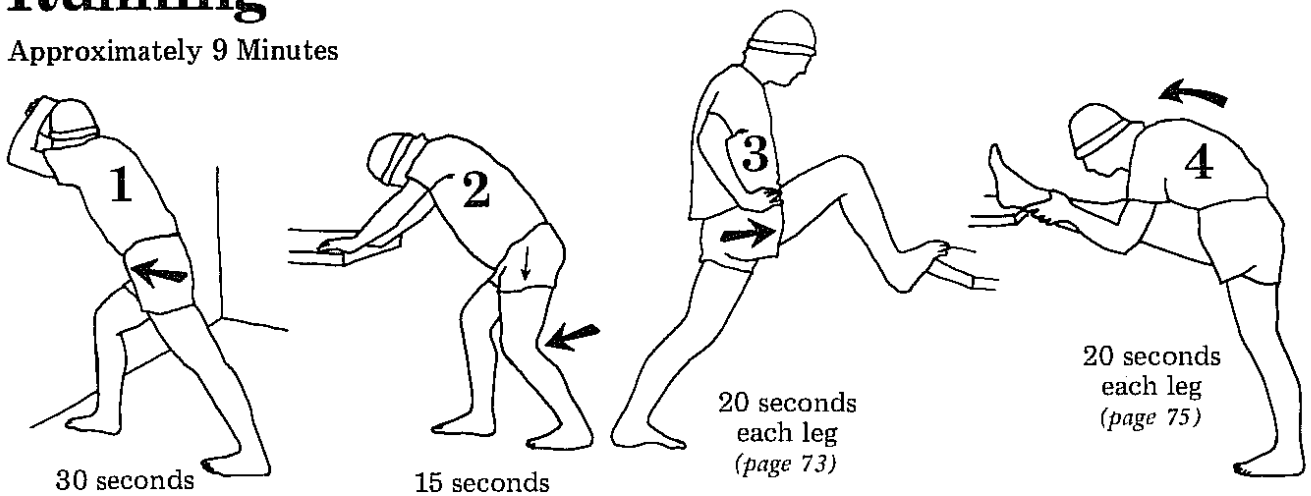


5 times
each direction
(page 89)

Before

Running

Approximately 9 Minutes

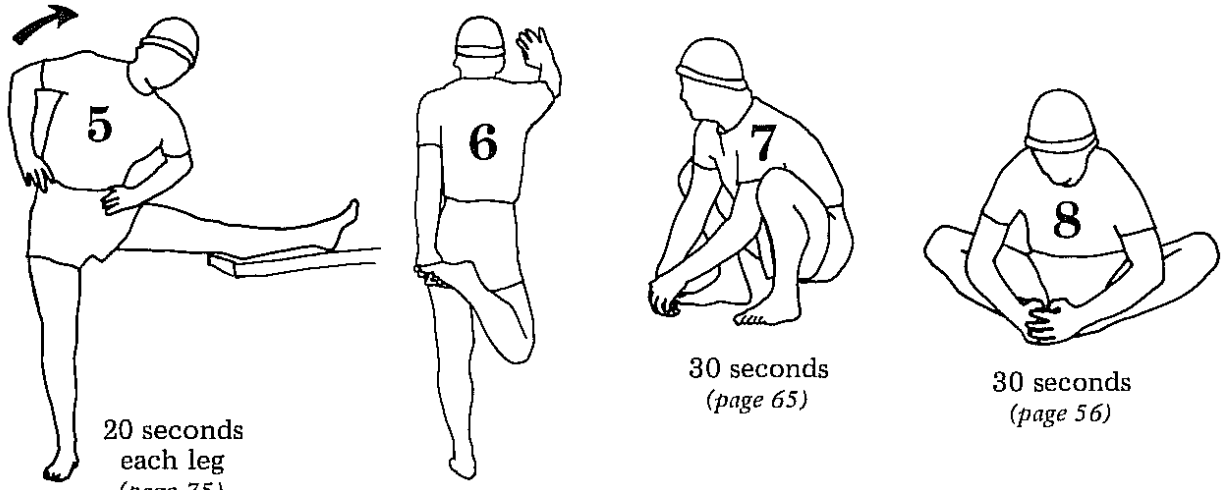


30 seconds
each leg
(page 71)

15 seconds
each leg
(page 71)

20 seconds
each leg
(page 73)

20 seconds
each leg
(page 75)

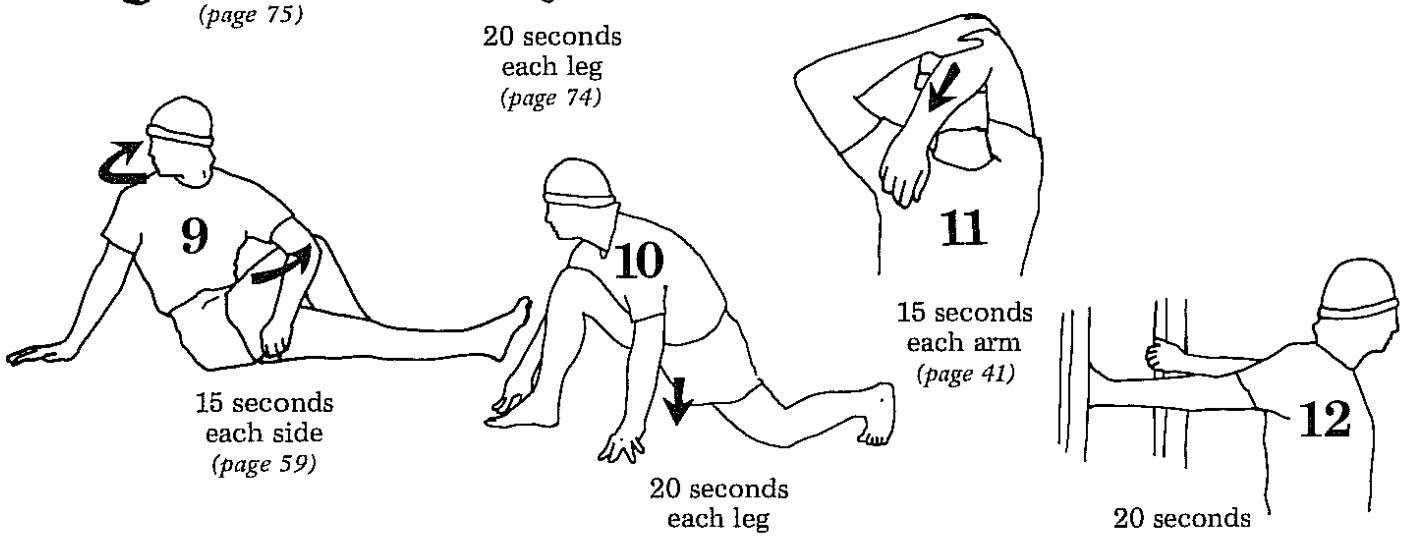


20 seconds
each leg
(page 75)

20 seconds
each leg
(page 74)

30 seconds
(page 65)

30 seconds
(page 56)



15 seconds
each side
(page 59)

20 seconds
each leg
(page 48)

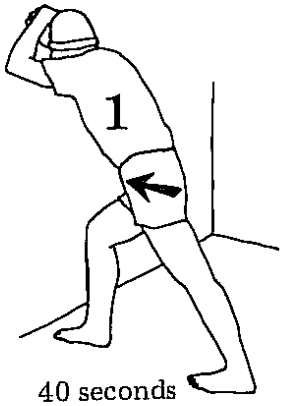
15 seconds
each arm
(page 41)

20 seconds
(page 44)

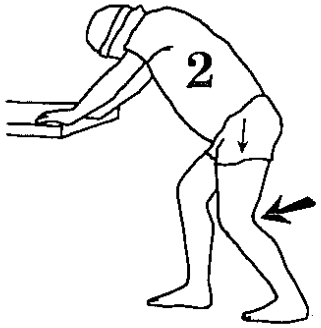
After

Running

Approximately 9 Minutes



40 seconds
each leg
(page 71)



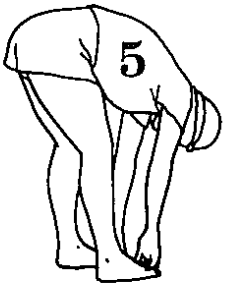
15 seconds
each leg
(page 71)



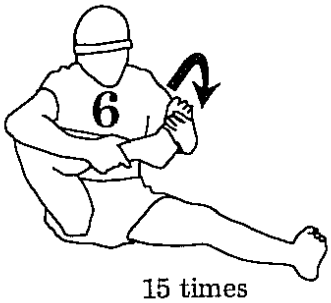
30 seconds
(page 52)



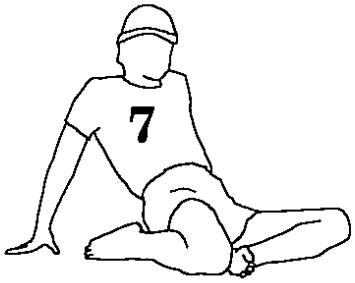
20 seconds
(page 65)



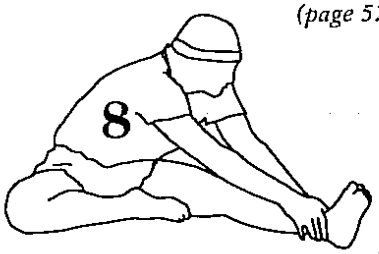
30 seconds
(page 52)



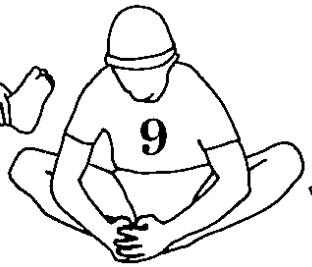
15 times
each direction
(page 31)



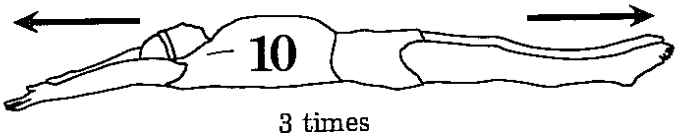
30 seconds
each leg
(page 33)



30 seconds
each leg
(page 36)



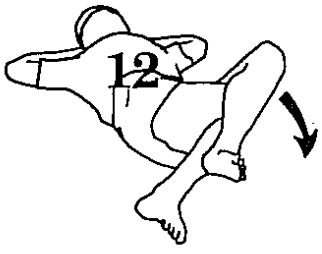
40 seconds
(page 56)



3 times
5 seconds
(page 28)



60 seconds
(page 24)

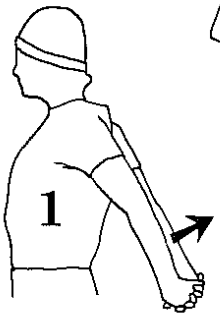


25 seconds
each side
(page 24)

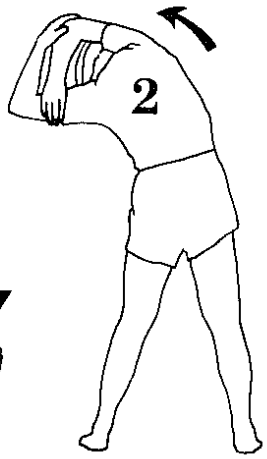
Before and After

Skiing (Cross Country)

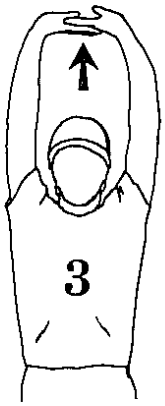
Approximately 12 Minutes



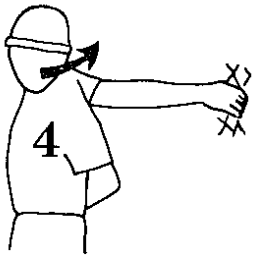
15 seconds
(page 44)



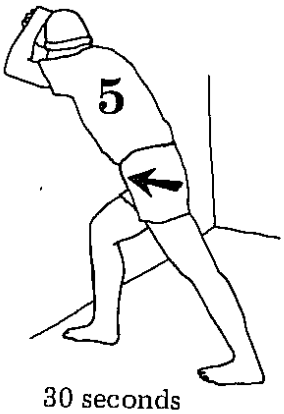
15 seconds
each side
(page 42)



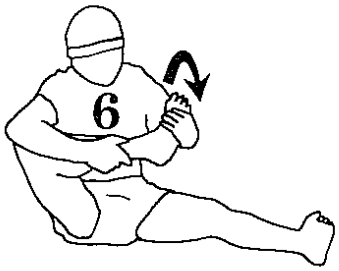
20 seconds
(page 43)



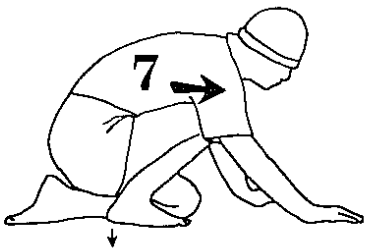
15 seconds
each arm
(page 81)



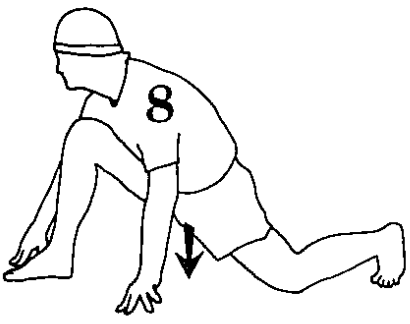
30 seconds
each leg
(page 71)



15 times
each direction
(page 31)

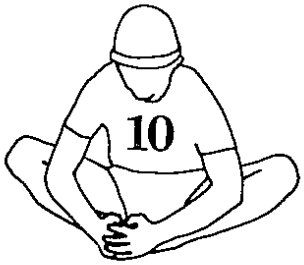


15 seconds
(page 47)

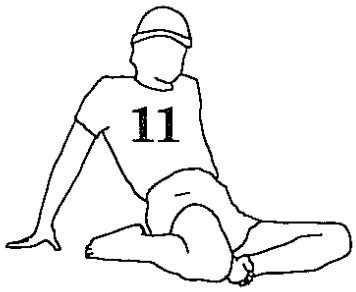


30 seconds
(page 48)

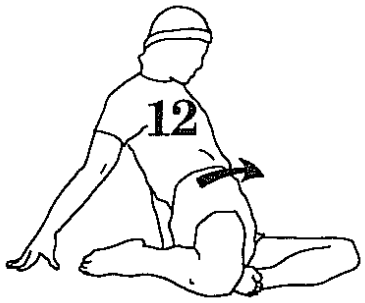
9
Repeat
7 & 8
other leg



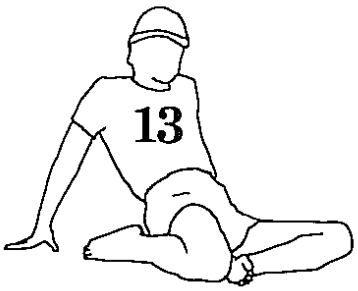
30 seconds
(page 56)



25 seconds
(page 33)

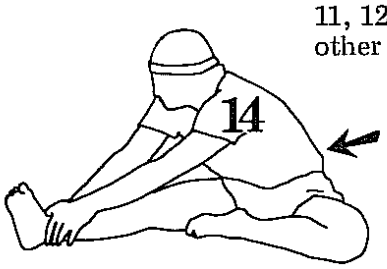


5 seconds
(page 35)

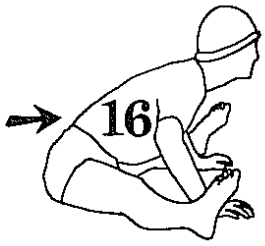


20 seconds
(page 33)

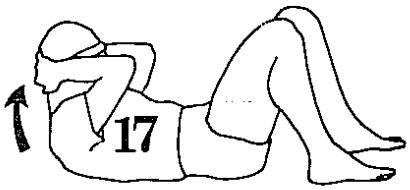
15
Repeat
11, 12, 13, 14,
other leg



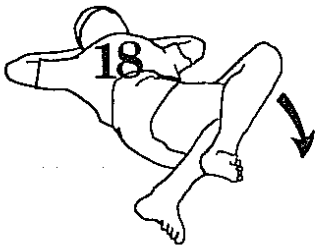
30 seconds
each leg
(page 36)



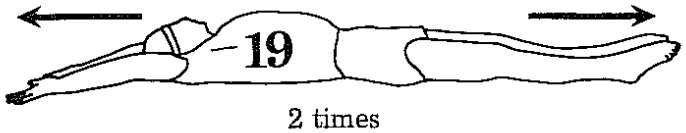
30 seconds
(page 93)



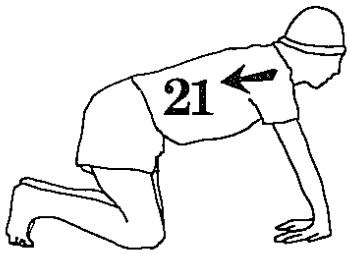
3 times
5 seconds each
(page 25)



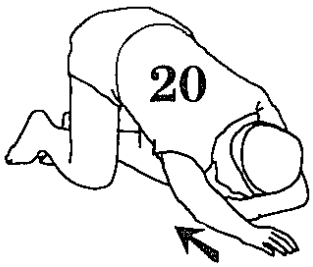
20 seconds
each side
(page 24)



2 times
5 seconds each
(page 28)



20 seconds
(page 40)

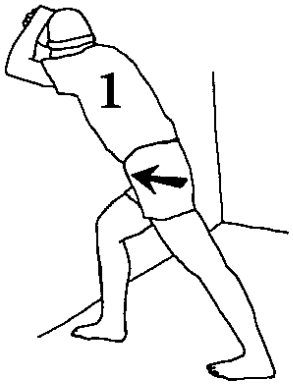


10 seconds
each arm
(page 40)

Before and After

Skiing (Downhill)

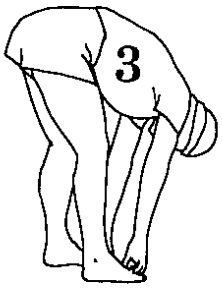
Approximately 10 Minutes



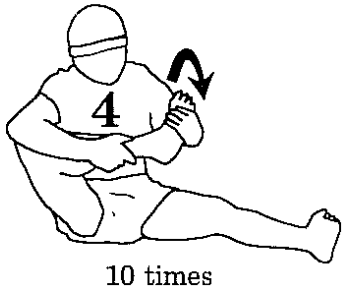
20 seconds
each leg
(page 71)



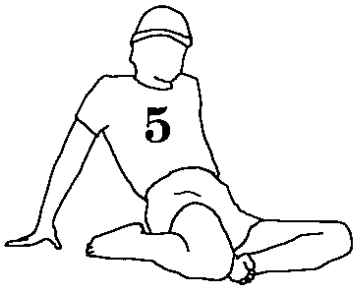
30 seconds
(page 53)



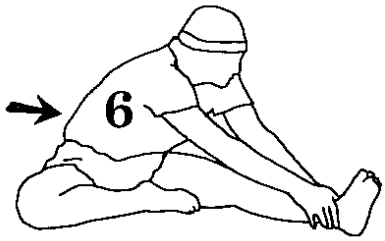
30 seconds
(page 52)



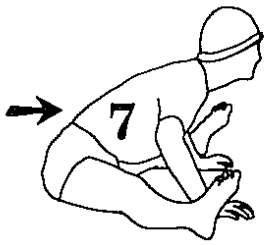
10 times
each direction
(page 31)



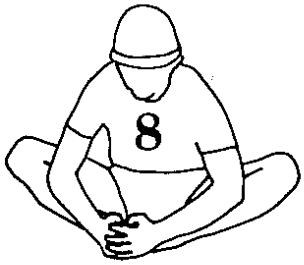
20 seconds
each leg
(page 33)



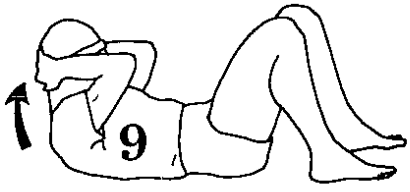
25 seconds
each leg
(page 36)



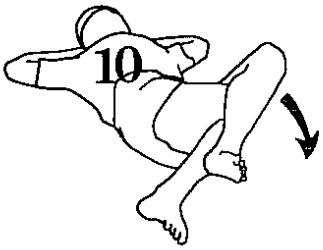
30 seconds
(page 93)



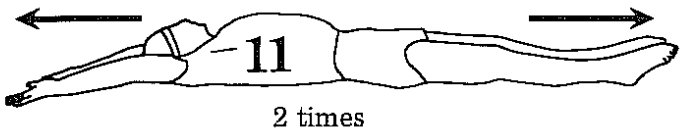
30 seconds
(page 56)



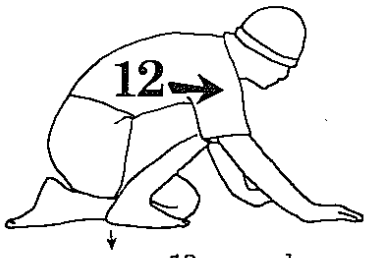
3 times
5 seconds each
(page 25)



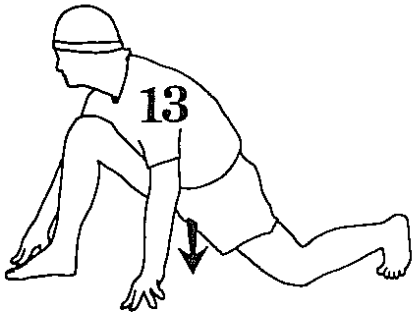
25 seconds
each side
(page 24)



2 times
5 seconds each
(page 28)



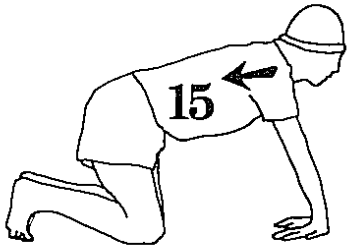
10 seconds
each leg
(page 47)



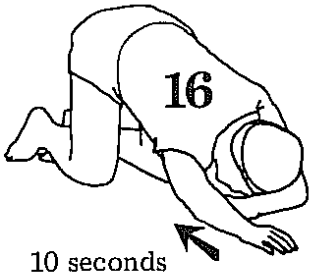
20 seconds
each leg
(page 48)



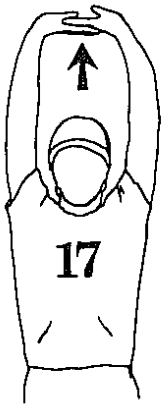
20 seconds
(page 65)



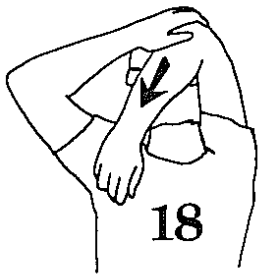
20 seconds
(page 40)



10 seconds
each arm
(page 40)



15 seconds
(page 43)

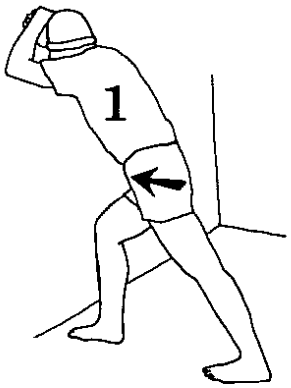


10 seconds
each arm
(page 41)

Before and After

Soccer

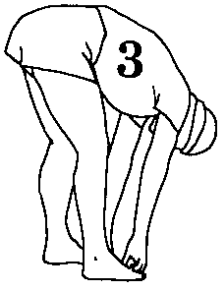
Approximately 10 Minutes



20 seconds
each leg
(page 71)



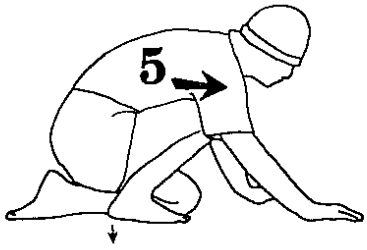
30 seconds
(page 53)



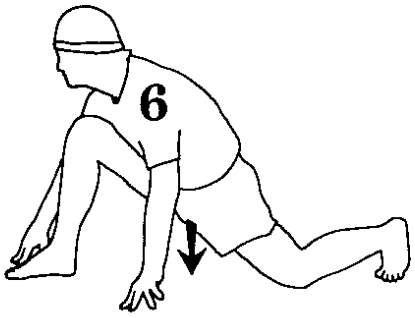
20 seconds
(page 52)



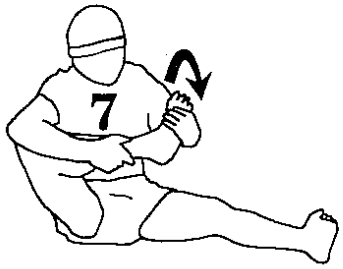
20 seconds
(page 65)



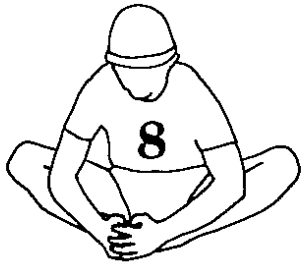
10 seconds
each leg
(page 47)



20 seconds
each leg
(page 48)



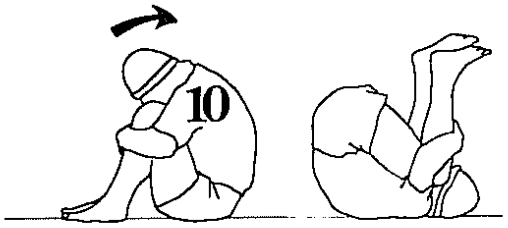
10 times
each direction
(page 31)



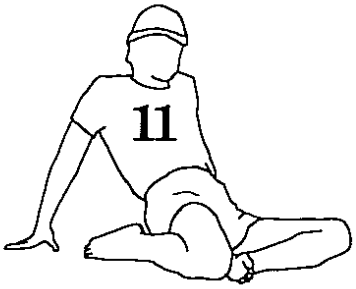
30 seconds
(page 56)



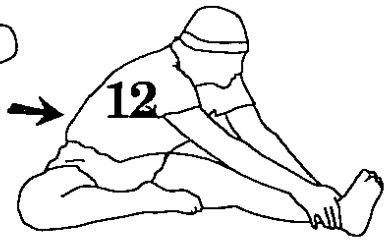
5 times
each direction
(page 89)



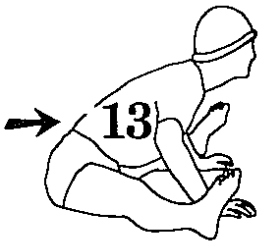
8-10 times
(page 62)



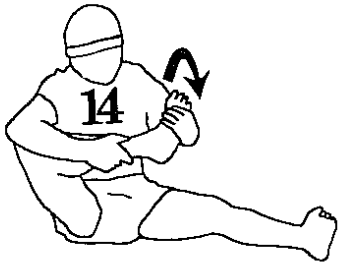
30 seconds
each leg
(page 33)



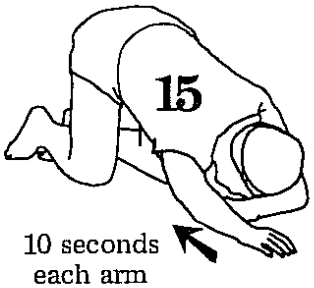
30 seconds
each leg
(page 36)



30 seconds
(page 93)



20 seconds
(page 31)



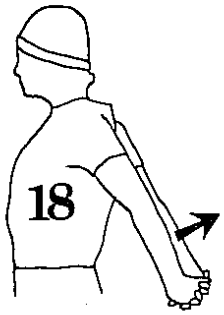
10 seconds
each arm
(page 40)



15 seconds
(page 43)



10 seconds
each side
(page 42)

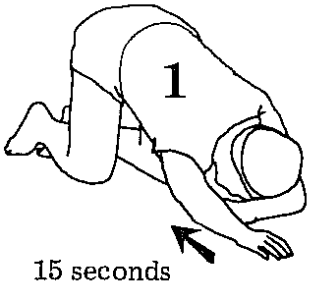


15 seconds
(page 44)

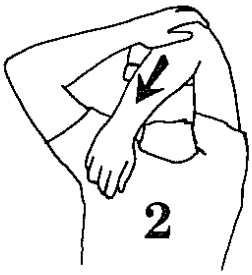
Before and After

Surfing

Approximately 10 Minutes



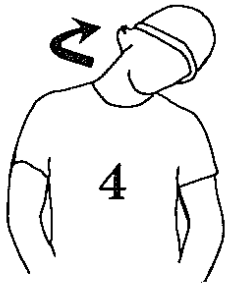
15 seconds
each arm
(page 40)



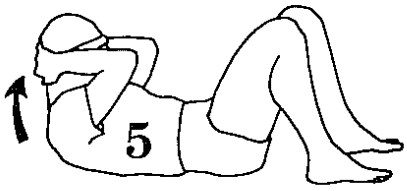
10 seconds
each arm
(page 41)



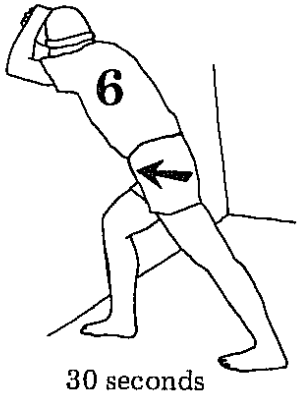
10 seconds
each side
(page 42)



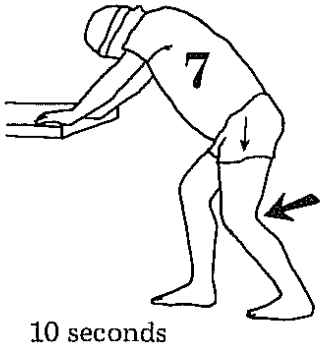
5 times
each direction
(page 89)



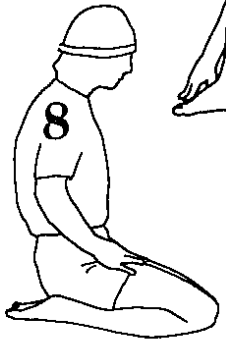
3 times
5 seconds each
(page 25)



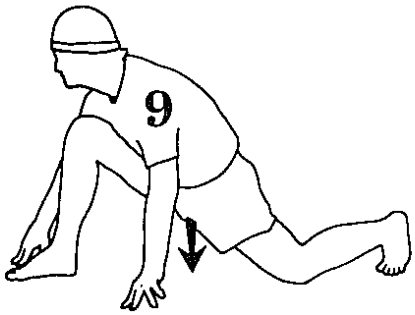
30 seconds
each leg
(page 71)



10 seconds
each leg
(page 71)



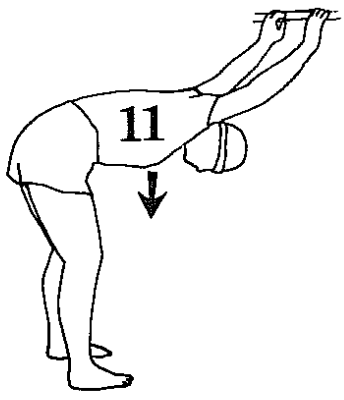
30 seconds
(page 46)



20 seconds
each leg
(page 48)



30 seconds
(page 65)

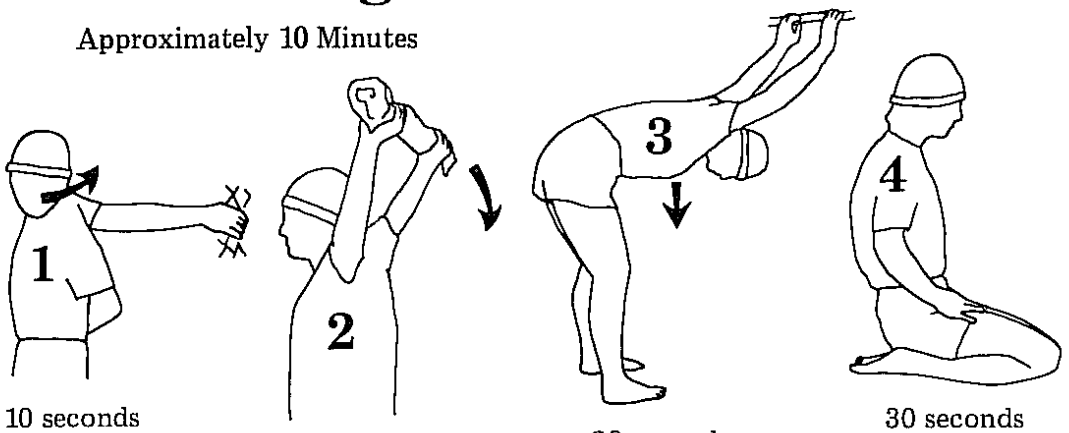


20 seconds
(page 80)

Before and After

Swimming/Water Polo

Approximately 10 Minutes

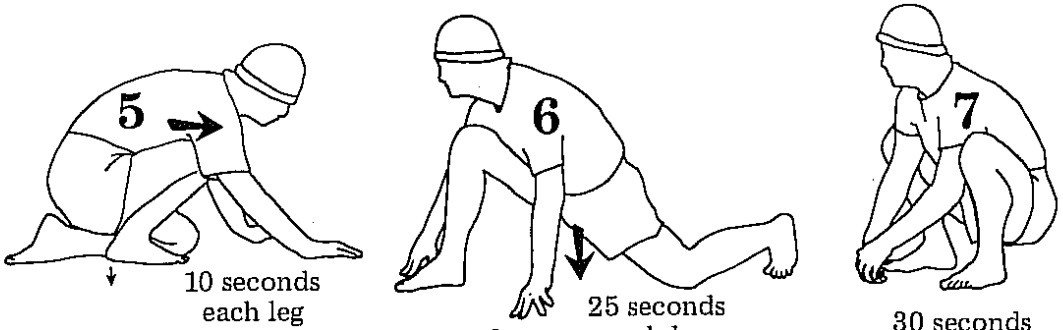


10 seconds
each arm
(page 81)

5 times
(page 85)

20 seconds
(page 80)

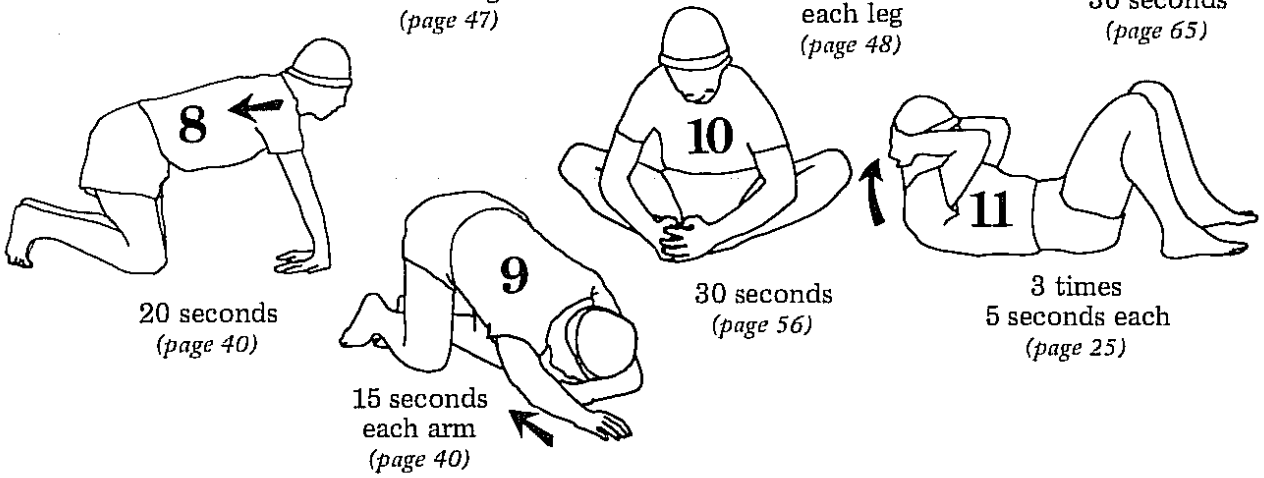
30 seconds
(page 46)



10 seconds
each leg
(page 47)

25 seconds
each leg
(page 48)

30 seconds
(page 65)

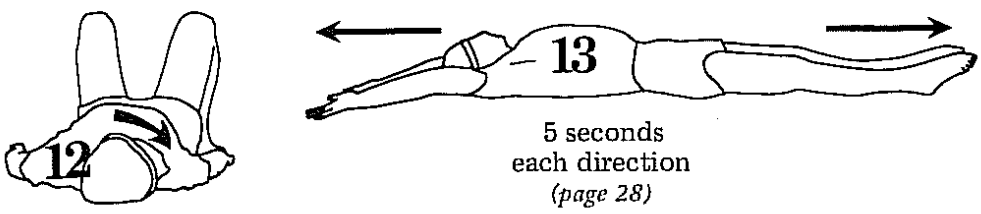


20 seconds
(page 40)

15 seconds
each arm
(page 40)

30 seconds
(page 56)

3 times
5 seconds each
(page 25)



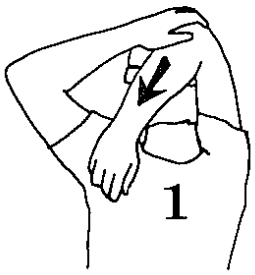
10 seconds
each side twice
(page 26)

5 seconds
each direction
(page 28)

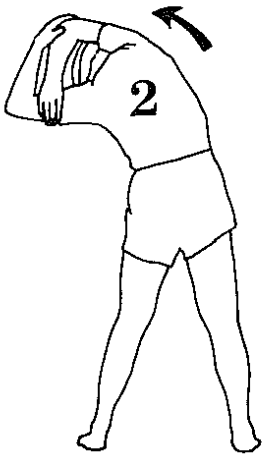
Before and After

Tennis

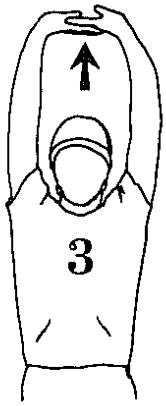
Approximately 12 Minutes



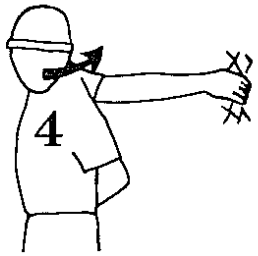
10 seconds
each arm
(page 41)



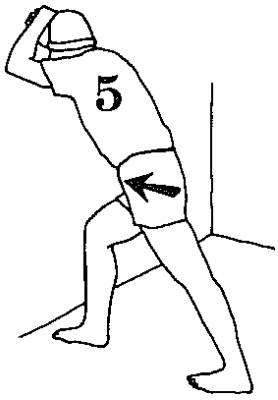
10 seconds
each side
(page 42)



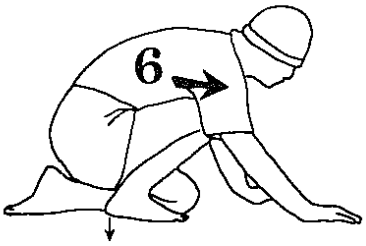
10 seconds
(page 43)



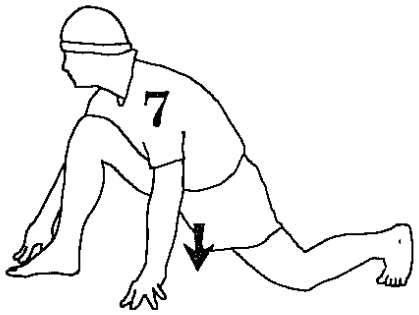
15 seconds
each side
(page 81)



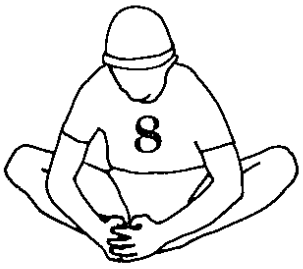
25 seconds
each leg
(page 71)



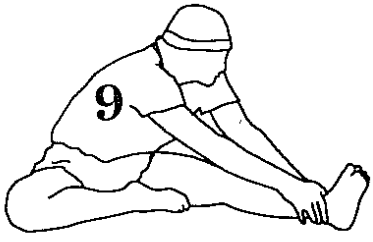
10 seconds
each leg
(page 47)



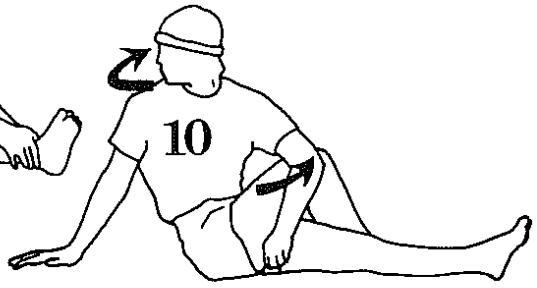
20 seconds
each leg
(page 48)



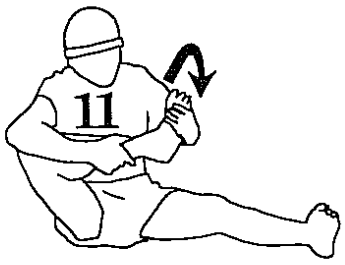
30 seconds
(page 56)



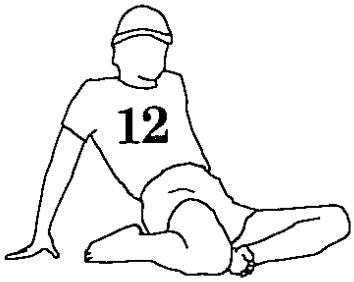
25 seconds
each leg
(page 36)



10 seconds
each side
(page 59)



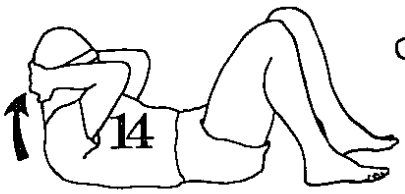
15 times
each direction
(page 31)



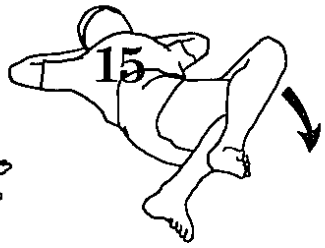
20 seconds
each leg
(page 33)



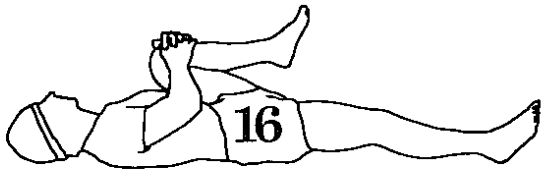
30 seconds
(page 24)



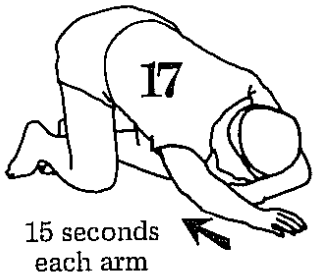
3 times
5 seconds each
(page 25)



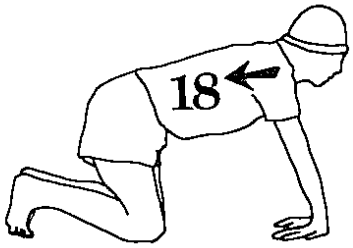
20 seconds
each side
(page 24)



20 seconds
each leg
(page 28)



15 seconds
each arm
(page 40)



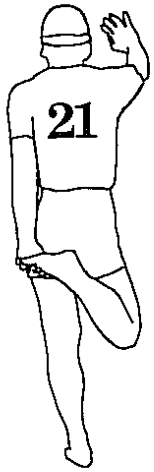
20 seconds
(page 40)



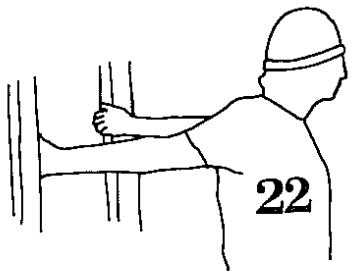
15 seconds
(page 65)



30 seconds
(page 52)



15 seconds
each leg
(page 74)

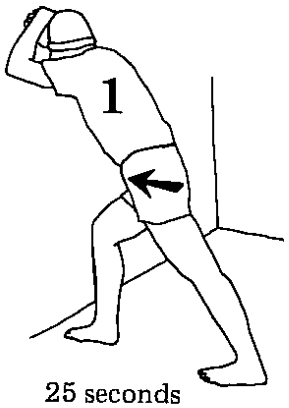


20 seconds
(page 44)

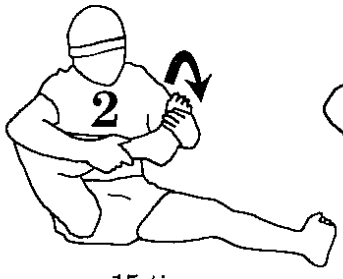
Before and After

Volleyball

Approximately 14 Minutes



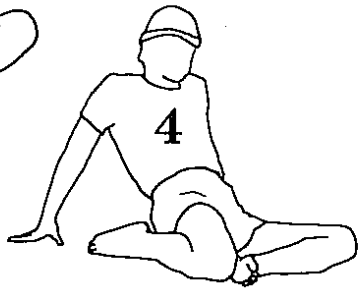
25 seconds
each leg
(page 71)



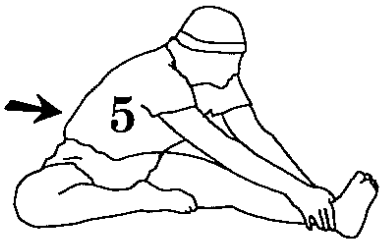
15 times
each direction
(page 31)



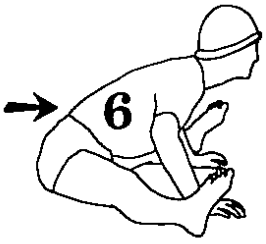
30 seconds
(page 56)



20 seconds
each leg
(page 33)



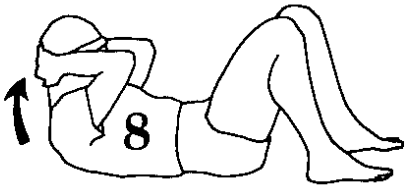
30 seconds
each leg
(page 36)



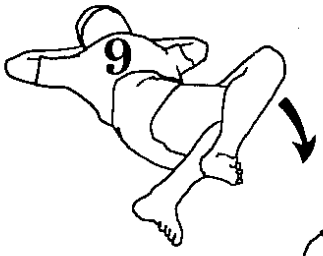
30 seconds
(page 93)



30 seconds
(page 24)



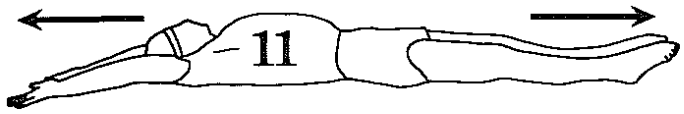
3 times
5 seconds each
(page 25)



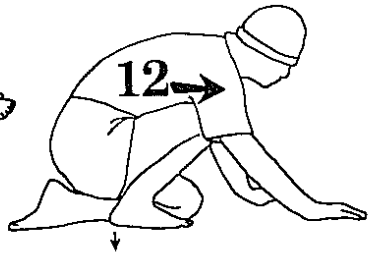
30 seconds
each side
(page 24)



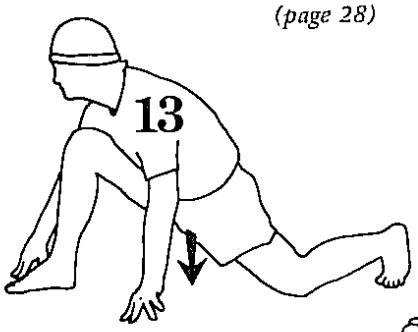
20 seconds
each side
(page 29)



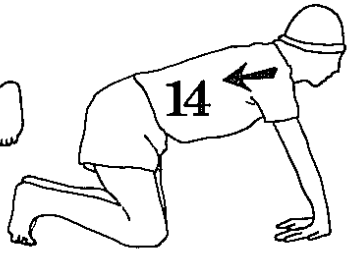
3 times
5 seconds each
(page 28)



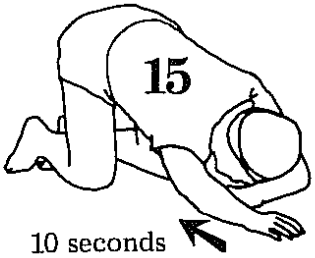
10 seconds
each leg
(page 47)



25 seconds
each leg
(page 48)



20 seconds
(page 40)



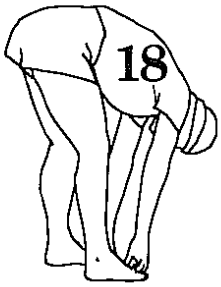
10 seconds
each arm
(page 40)



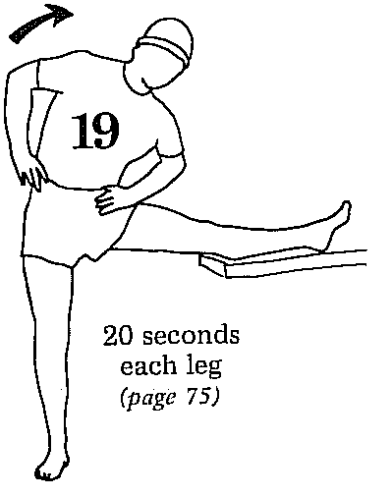
30 seconds
(page 65)



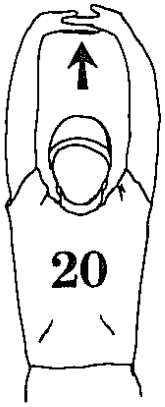
30 seconds
(page 53)



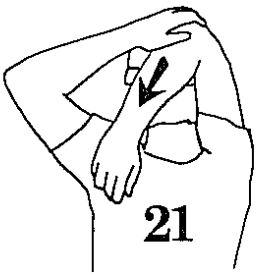
30 seconds
(page 52)



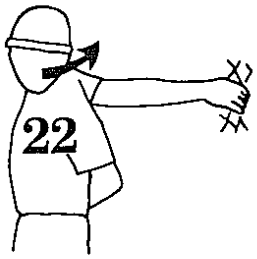
20 seconds
each leg
(page 75)



20 seconds
(page 43)



10 seconds
each arm
(page 41)

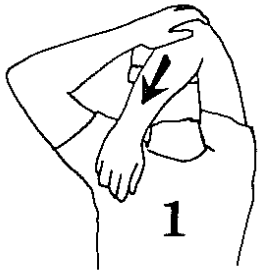


15 seconds
each arm
(page 81)

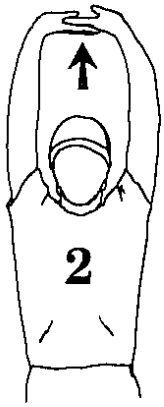
Before and After

Weight Training

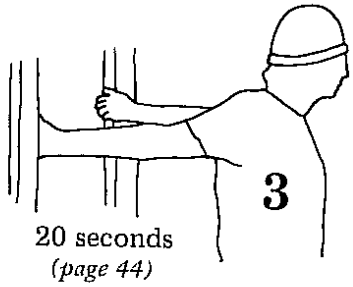
Approximately 10 Minutes



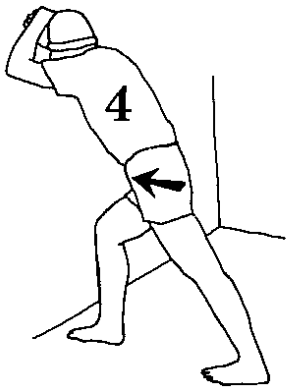
15 seconds
each arm
(page 41)



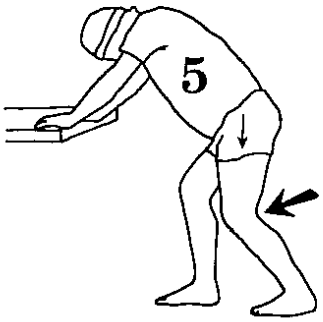
20 seconds
(page 43)



20 seconds
(page 44)



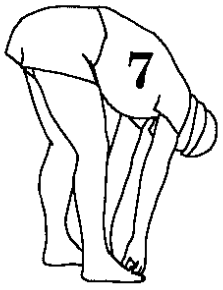
25 seconds
each leg
(page 71)



15 seconds
each leg
(page 71)



30 seconds
(page 53)



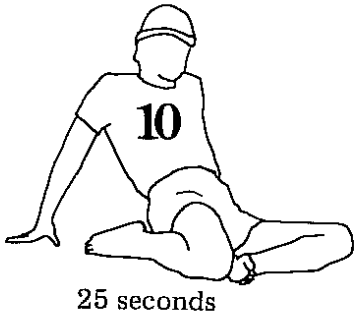
30 seconds
(page 52)



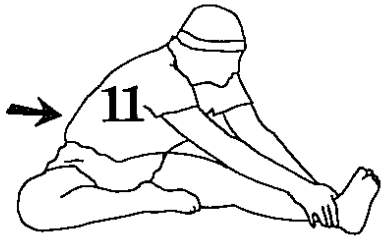
20 seconds
(page 65)



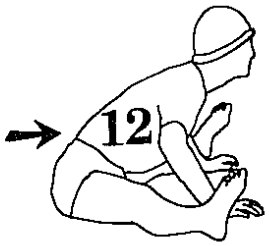
30 seconds
(page 56)



25 seconds
each leg
(page 33)



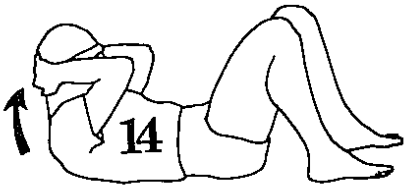
25 seconds
each leg
(page 36)



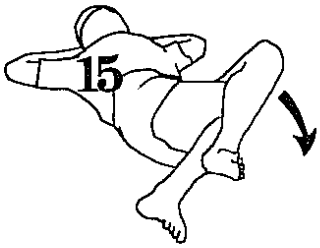
30 seconds
(page 93)



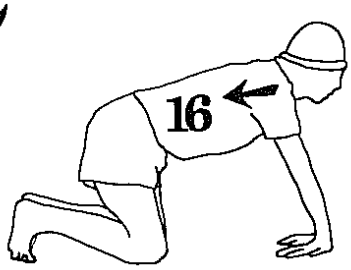
20 seconds
(page 24)



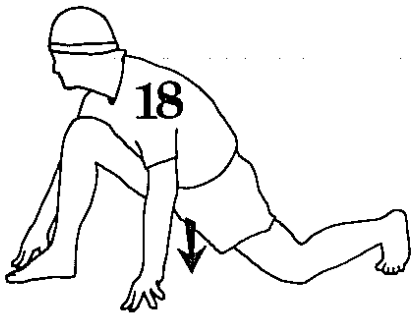
3 times
5 seconds each
(page 25)



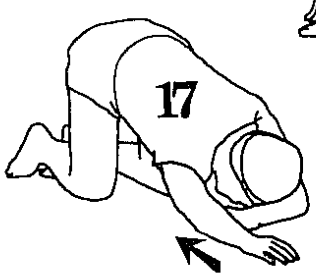
25 seconds
each side
(page 24)



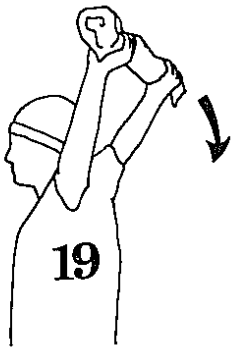
20 seconds
(page 40)



20 seconds
each leg
(page 48)



15 seconds
each arm
(page 40)



5 times
(page 85)

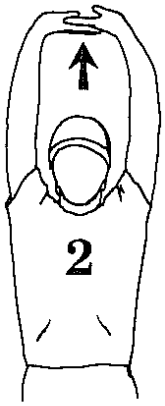
Before and After

Wrestling

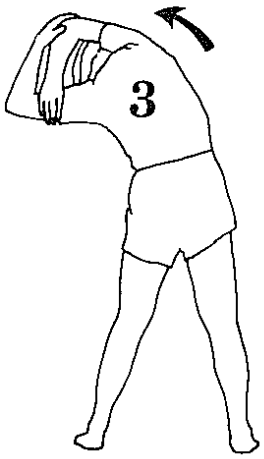
Approximately 12 Minutes



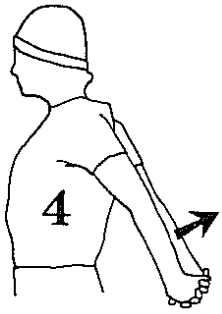
5 times
each direction
(page 89)



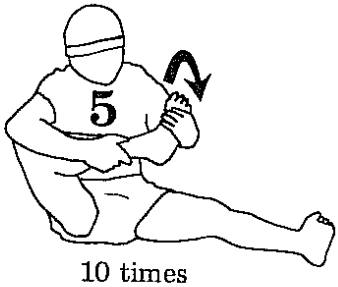
20 seconds
(page 43)



10 seconds
each side
(page 42)



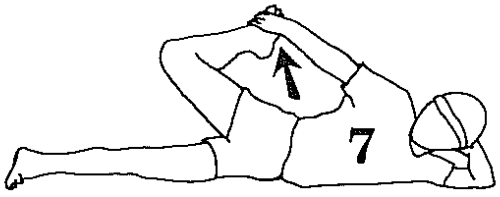
15 seconds
(page 44)



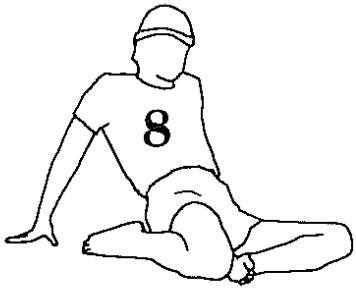
10 times
each direction
(page 31)



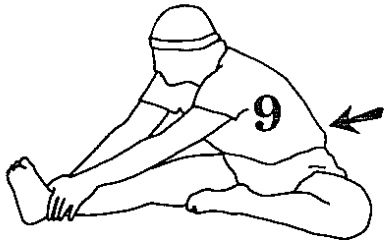
25 seconds
(page 32)



10 seconds
(page 33)

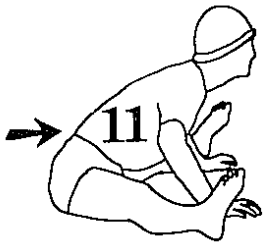


30 seconds
(page 33)

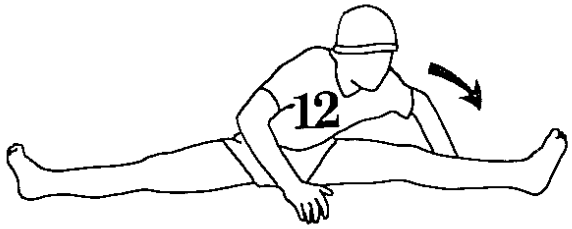


30 seconds
(page 36)

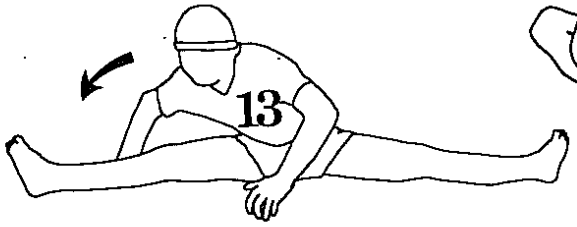
10
Repeat
5, 6, 7, 8, 9
other leg



30 seconds
(page 93)



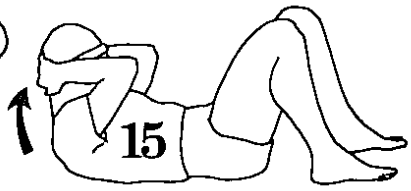
30 seconds
(page 94)



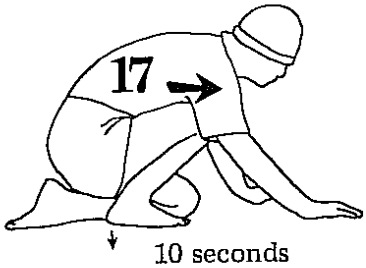
30 seconds
(page 94)



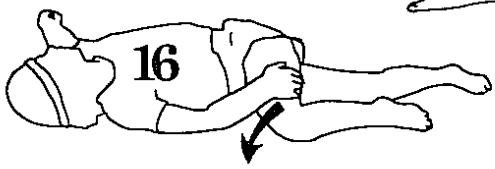
30 seconds
(page 56)



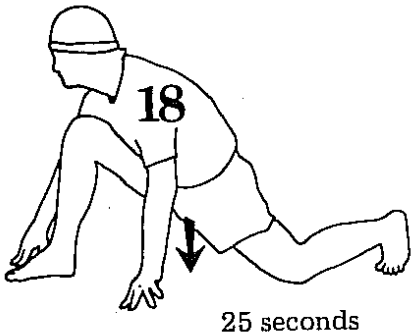
3 times
5 seconds each
(page 25)



10 seconds
each leg
(page 47)



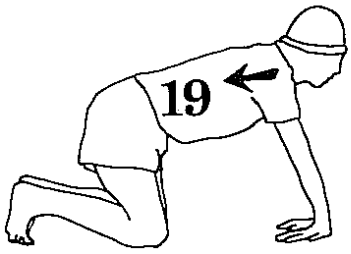
20 seconds
each leg
(page 24)



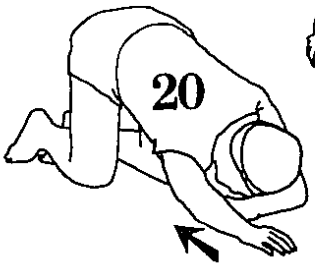
25 seconds
each leg
(page 48)



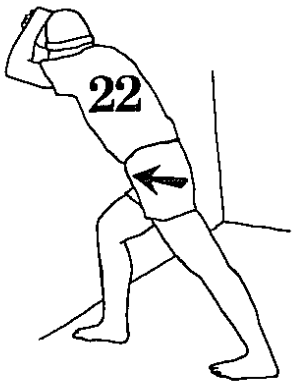
30 seconds
(page 65)



20 seconds
(page 40)



15 seconds
each arm
(page 40)



30 seconds
each leg
(page 71)