






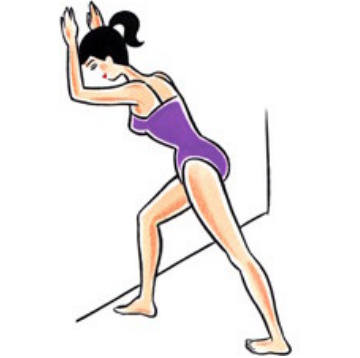
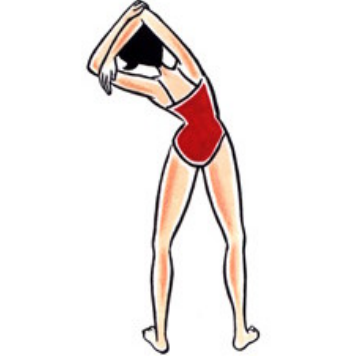
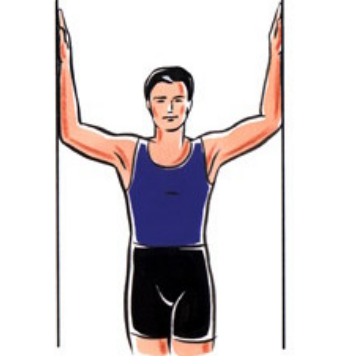


Name: **Personal Best Total Fitness Solutions**

Interval: Frequency:

<p>Kneeling Soleus 19</p> <p>Kneel on floor. Toes of one foot in line with knee of other leg. Lean weight forward on thigh. Keep heel down. Stretch felt in achilles & calf.</p>  <p>Time: Reps: :</p>	<p>Hip Flexor 412</p> <p>Kneel with front knee directly over ankle. Lengthen spine. Keep body upright. Squeeze bottom. Press hips forward until stretch felt front of hip.</p>  <p>Time: Reps: :</p>	<p>Seated Spinal 38</p> <p>Sit tall. One leg extended. Other foot beside extended knee. Rotate trunk toward bent knee. Press against outside of knee with elbow.</p>  <p>Time: Reps: :</p>	<p>Seated Hamstring 9</p> <p>Sit tall. One leg extended out in front. Bend forward from hip. Take chest toward knee of straight leg. Lengthen spine. Keep chest lifted.</p>  <p>Time: Reps: :</p>	<p>Seated Adductor 1 17</p> <p>Sit tall. Lower back flat against wall. Soles of feet together. Press down on inside of knees until stretch is felt in inner thighs.</p>  <p>Time: Reps: :</p>
<p>Lower Back Twist 15</p> <p>Lay on back. One leg extended. With opposite hand take bent knee across the body. Keep shoulders down. Look away from bent knee.</p>  <p>Time: Reps: :</p>	<p>Prone Quadricep 16</p> <p>Lay on stomach with legs extended. Bring one heel toward the bottom. Keep knees together. Hips stay down. Stretch is felt in front of thigh.</p>  <p>Time: Reps: :</p>	<p>Lunge Calf 29</p> <p>Press against wall/bar. Front knee bent and back leg straight. Back heel on ground. Both feet point forward. Stretch felt in back calf.</p>  <p>Time: Reps: :</p>	<p>Trunk and Tricep 50</p> <p>Stand tall. Gently pull elbow across and behind head as you bend trunk to the side. Feel stretch down side of waist and back of upper arm.</p>  <p>Time: Reps: :</p>	<p>Doorway Chest 384</p> <p>Stand in doorway. Place forearms flat on inside edge of door frame. Lengthen spine. Step through. Press chest forward until stretch felt.</p>  <p>Time: Reps: :</p>

Exercise Program

Designed by Personal Best Total Fitness Solutions 1/1/2011

Please remember to adhere to all the exercise technique tips and stick to the interval time specified as it is important to the result. Remember to always consume water when exercising, even more than your thirst requires, and remember to use a towel.

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