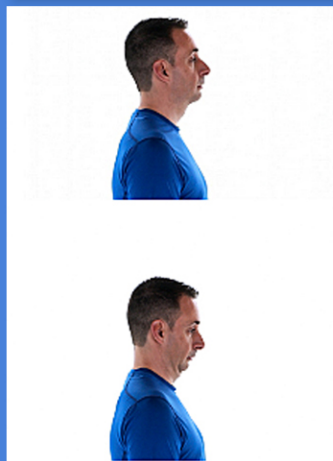


Isolation Readiness

General Stretching Routine

Just hopping out of bed? Just finishing a home workout? Looking for a quick pick-me-up? The benefits of stretching affect just about everything we do in our day to day lifestyle. This is a perfect routine to target all major muscle groups to help improve range of motion, increase blood flow and decrease your risk of injury. It is highly recommended you take a few minutes to stretch your muscles throughout the day. Perform this routine a few times each day, and stretching only to a point that is comfortable for you and does not cause any pain.

1. Chin Tuck Stretch



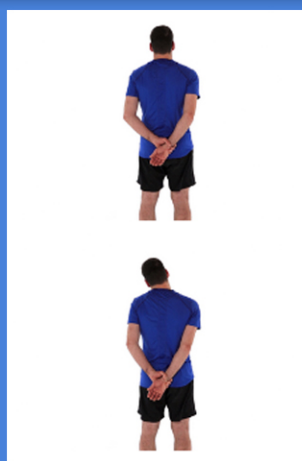
Sit up straight in a chair and look directly ahead of you.

Tuck your chin in without tilting your head down and hold for 5 seconds.

Return your head to the original position.

Repeat this activity 10 times.

2. Upper Trap. Stretch



Stand and put your arms behind your back.

Grasp the arm using the opposite hand to lower the shoulder.

Bend your neck to the opposite side until you feel a stretch on top of the shoulder. Maintain the stretch for 5 seconds and then relax. Now alternate, completing this on the opposite side of your body. Repeat this activity 5 times.

3. Shoulder Stretch

Place the arms parallel to the ground at the height of the neck and pull on the elbow with the opposite hand.

Maintain the stretch for 5 seconds and then relax.

Now alternate, completing this maneuver on the opposite side of your body. Repeat this activity 5 times.



4. Pectoral Stretch

Stand up next to a wall corner or doorway and place your forearm vertically on the edge.

Lean your body forward until you feel a stretch across your chest. Hold for 5 seconds. Repeat this activity 5 times on each side of your body.

Upper Chest - arm lower than horizontal
Middle Chest - arm parallel to floor
Lower Chest - arm higher than parallel.



5. Lumbar Rotation Stretch

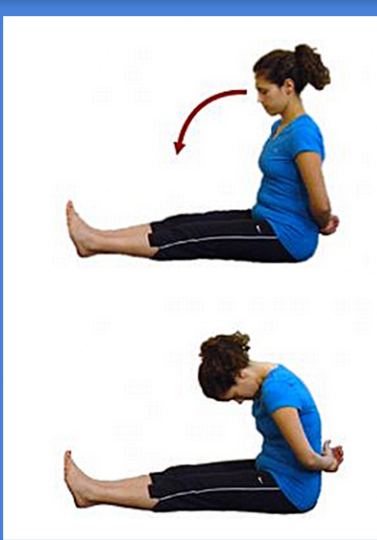


In a seated position, extend one leg while bringing the other leg close to you with the sole of that foot on the floor. Place one hand behind you and sit tall, and then place the other arm against the knee while you sit up tall and rotate your trunk away from the bent knee.

Hold the position for 10 seconds while breathing normally.

Now alternate, completing this on the opposite side of your body. Repeat this activity 5 times.

6. Back / Hamstring Stretch



In a seated position, extend both of your legs in front of you with your toes pointed upward.

While sitting up tall, place your arms behind your lower back.

Then bring your shoulders forward and bring your head down vertically until you feel a stretch in your back and legs.

Hold the position for 5 seconds while breathing normally. Repeat this activity 5 times.

7. Cat & Dog Stretch

Start on all fours with your back straight, hands under your shoulders and knees under the hips.

Dog Stretch - slowly inhale and let the belly fall toward the floor to arch the back and extend the head at the same time.

Cat stretch - slowly exhale, round the back and tuck the chin to the chest.

Alternate between these two positions slowly holding each for 5 seconds. Repeat 5 times.



8. Quadricep Stretch

Start by lying on your stomach.

Bend your knee and hold your ankle with your hand.

Then pull your knee up off the ground with your hand until you feel a stretch at the front of your hip and thigh.

Hold the position for 5 seconds while breathing normally. Now alternate, completing this on the opposite side of your body. Repeat this activity 5 times.

