

GET UP TO SPEED

WEEK seven of our all-over body-stretching program concentrates on the triceps, shoulders and pectorals.

- Hold each stretch for 10-20 seconds and repeat each one two or three times.
- Stretch gently and remember to breathe (don't hold your breath).
- Stretch to the point of tension, never pain.



GLUTEAL & LUMBAR ROTATION

- Place one leg flat, as in illustration, bend knee over flat leg and rotate upper body as shown.



QUADRICEPS ONE

- Keep pelvis on the floor.



QUADRICEPS TWO

- Stretch as shown in illustration.