

# Intermediate Stretching Routine

Created By: Mark Pearson



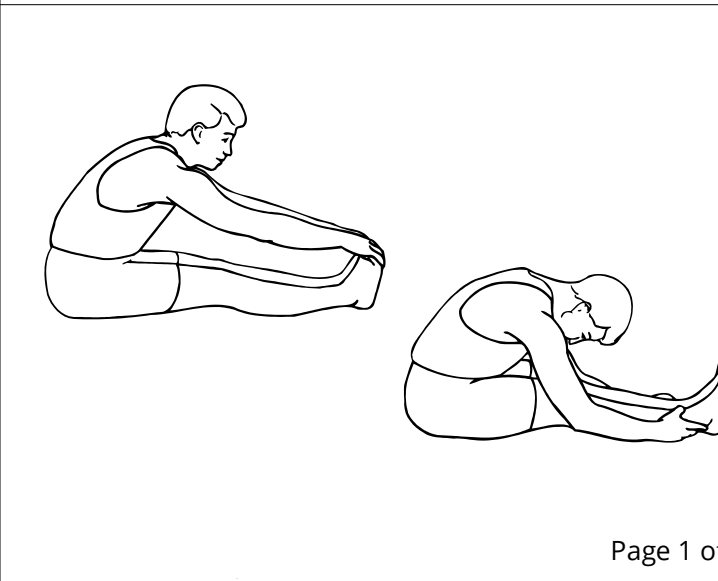
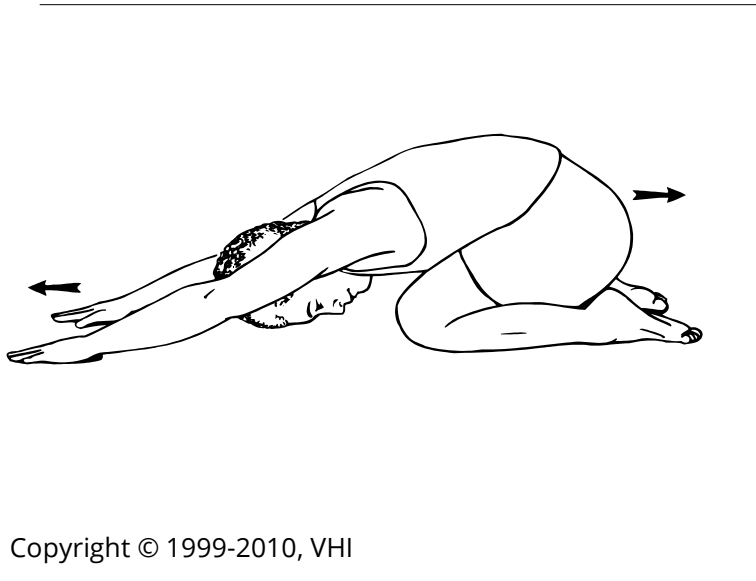
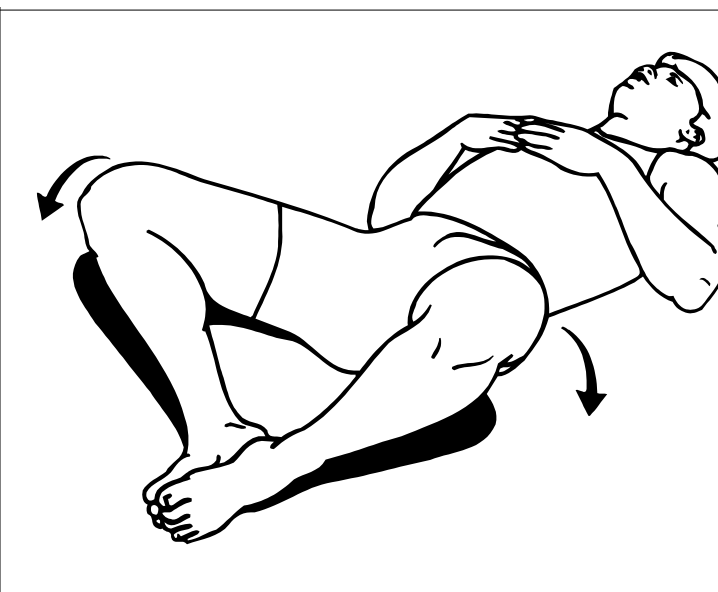
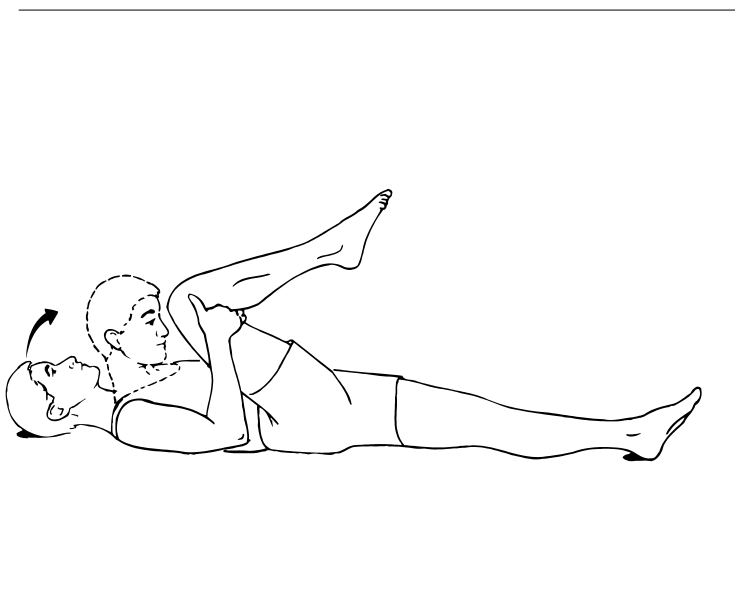
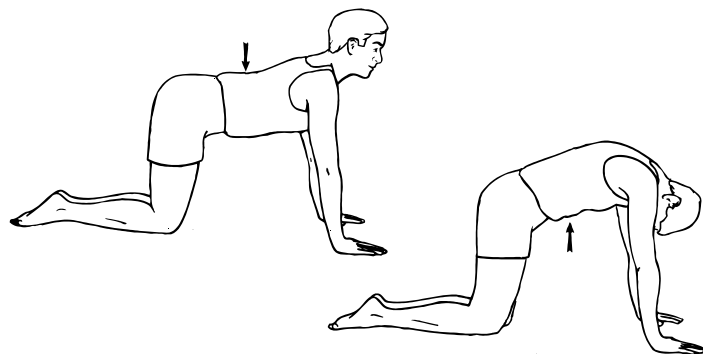
Warm-up first by walking in place for 5 minutes

Hold Each Stretch for 30 seconds

Breathe and Relax through each stretching exercise

Don't bounce

Work in a pain-free range of motion

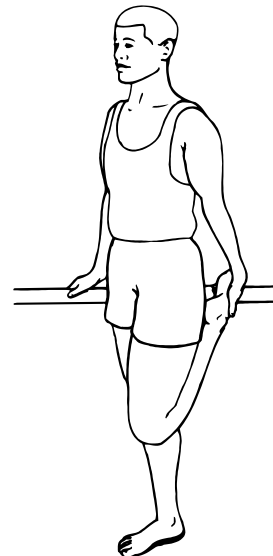
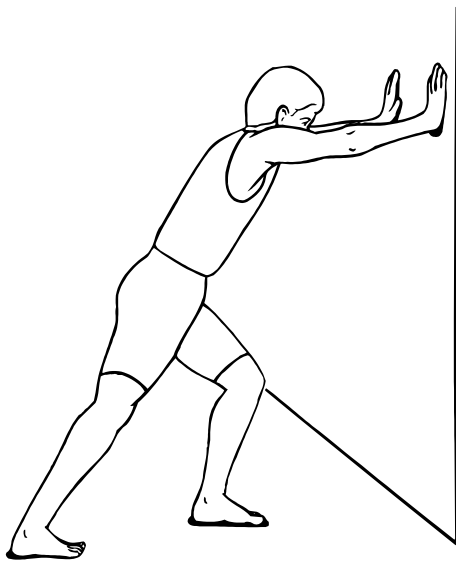
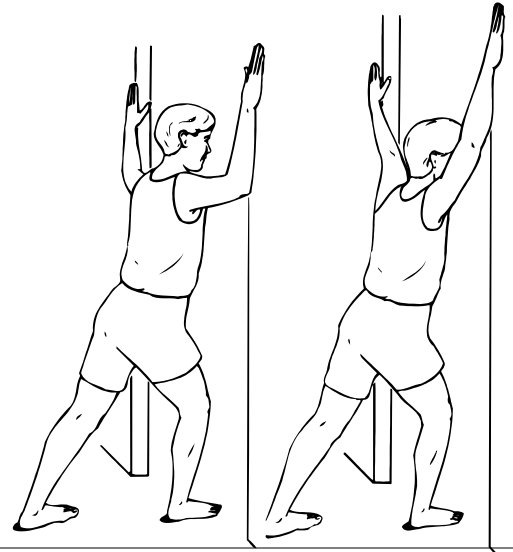
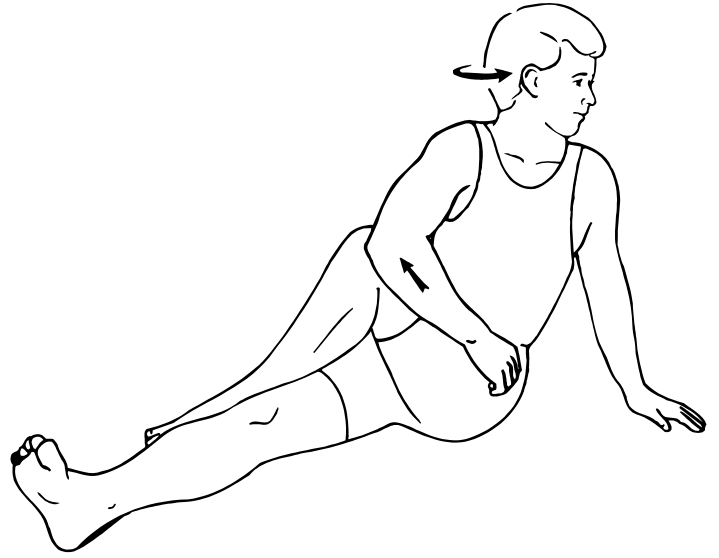
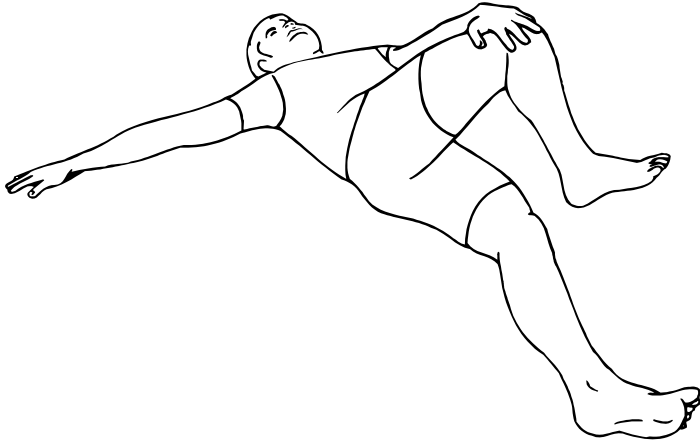




UNITED  
FITNESS  
Center

# Intermediate Stretching Routine

Created By: Mark Pearson



Copyright © 1999-2010, VHI

Page 2 of 2

