

# PROGRAM BEFORE THE PROGRAM 2

Stretch every day. Lift OR Move on alternate days.

## Stretch

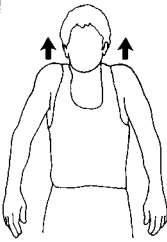
4 min

- Breathe easily
- Do not bounce
- No pain!
- Feel each stretch
- See Stretching Instructions, pp. 77-84

1  
15 sec  
p. 81



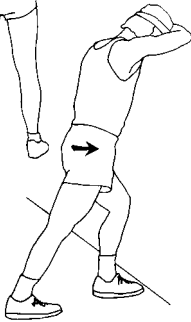
2  
5 sec, 2 times  
p. 81



3  
10 sec  
each side  
p. 82



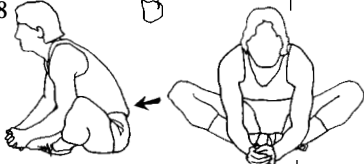
4  
20 sec  
each leg  
p. 79



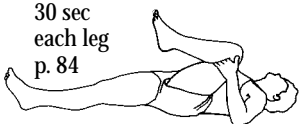
5  
15 sec  
each leg  
p. 79



6  
30 sec  
p. 78



7  
30 sec  
each leg  
p. 84



8  
5 sec  
each side  
p. 83



## Lift

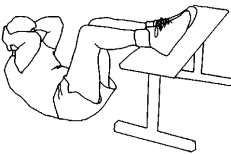
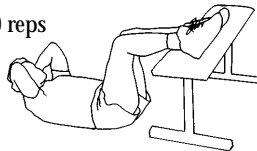
13 min

- Set = a fixed number of repetitions
- Rep = a repetition
- See Lifting Instructions, pp. 85-108

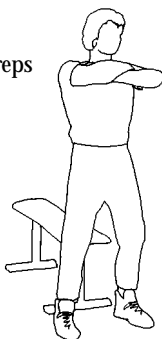
1  
1 set  
5-10 reps  
each leg  
p. 87



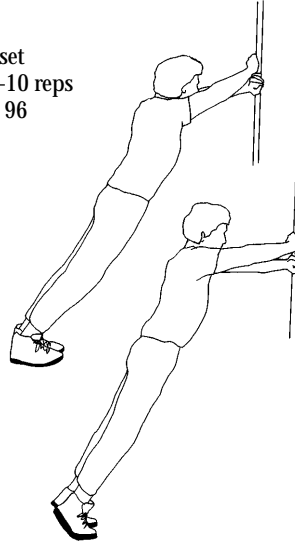
2  
1 set  
5-10 reps  
p. 86



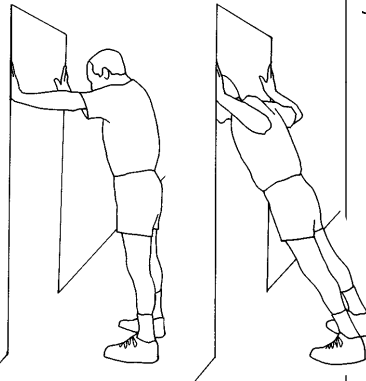
3  
1 set  
10-12 reps  
p. 103



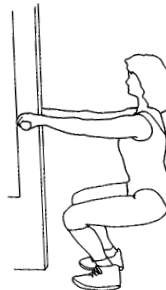
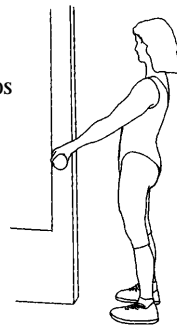
4  
1 set  
5-10 reps  
p. 96



5  
1 set  
10-12 reps  
p. 98



6  
1 set  
5-10 reps  
p. 91



## Move

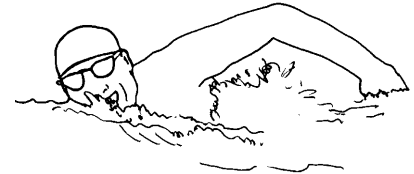
5-10 min

- See Moving Instructions, pp. 64-76



WALK  
5 min  
whenever  
you can

OR

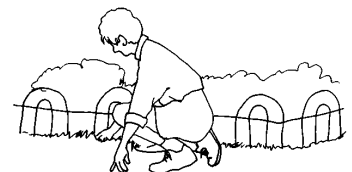


SWIM  
10 min

Stop and rest whenever needed.

OR

DO YARDWORK OR  
HOUSEWORK  
mow lawn, wash car,  
vacuum, etc.



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