

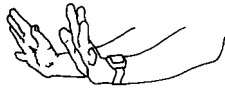
ON THE ROAD: AIRPLANE STRETCHES

Stretch

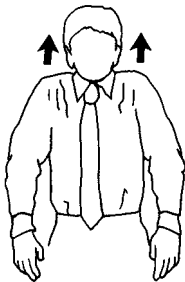
Approximately 3½ min

- Breathe
- Do not bounce
- No pain!
- *Feel* the stretch
- Relax
- See Stretching Instructions, pp. 77-84

1
10 sec
2 times
p. 82



2
5 sec
p. 81



3
10 sec
p. 81



4
5 sec
each side
p. 84



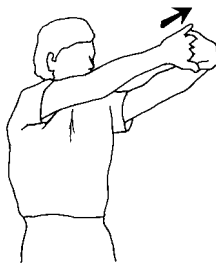
5
5 sec
each side
p. 84



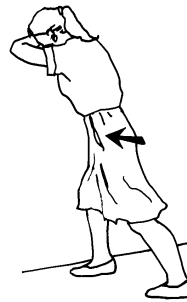
6
10 sec
each arm
p. 81



7
10 sec
p. 82



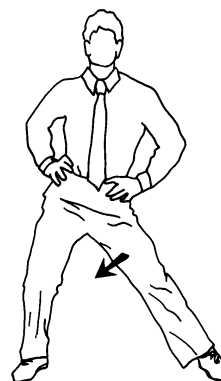
8
15 sec
each leg
p. 79



9
10 sec
each leg
p. 79



10
10 sec
each leg
p. 79



11
10 times
each direction
each foot
p. 79



12
10 sec
each side
p. 82



13
10 sec
p. 81



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