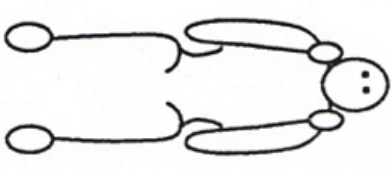
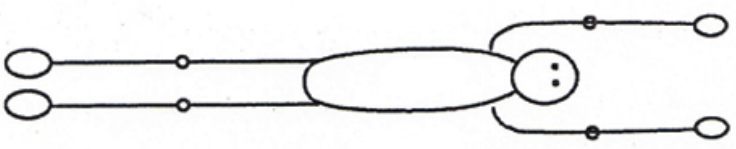
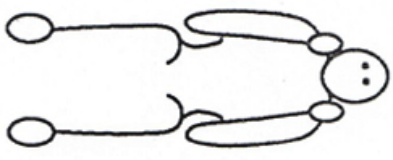


# HOMOLOGOUS STRETCH



side view



Lie on back.  
 Hands flat, palms up, right above shoulders.  
 Elbows at sides.  
 Legs folded up, feet above hips.

Keeping hands flat, slide them past head.  
 Lower feet to floor and slide them away from body.

Slide until all stretched out, with elbows straight and knees straight. Hands still flat.

Slide hands back to shoulders and feet back toward hips.

Back to original position.

Counting: Each time you stretch out counts as 1.

