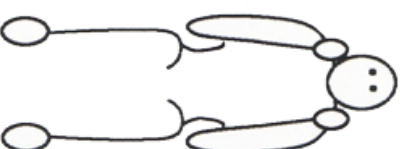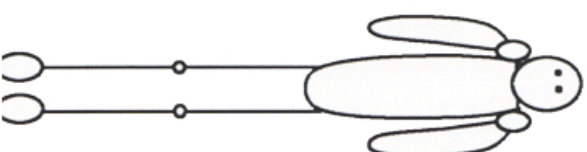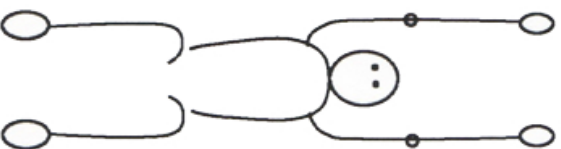# 2-PART HOMOLOGOUS STRETCH

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 until
elbows are
straight.

Slide hands
back to
shoulders.

Lower feet to
floor and slide
them away from
body till knees
are straight.

Slide feet back
to original
position and
begin again.

Counting: Each time you stretch
arms counts as 1.