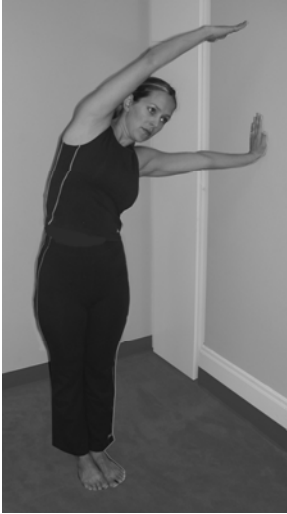
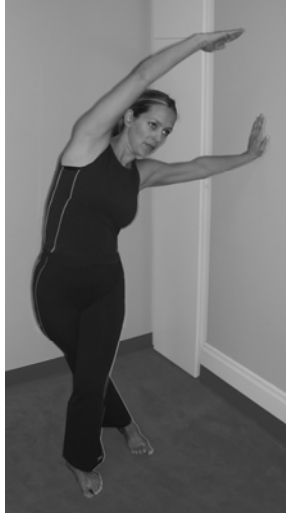


Side 'C' Standing x2

1a.



1b.



1a. Place hand on the wall at rib height. Step away from wall until arm is straight. Keep feet and knees together. Shift hips away from the wall. Reach outside arm up and overhead, toward the wall. Do not twist hips and shoulders. Hold 30 seconds

1b. Step outside foot behind and toward wall, bending front knee. Shift hips away from the wall. Reach outside arm up and overhead, toward the wall. Press outside hip slightly forward. Hold 30 seconds. Repeat a & b on other side.

Side 'C' Kneeling

2a. Kneel on left knee with the right foot flat on the floor. Tuck your tailbone slightly, and shift hips forward until you feel a stretch in front of the left hip.

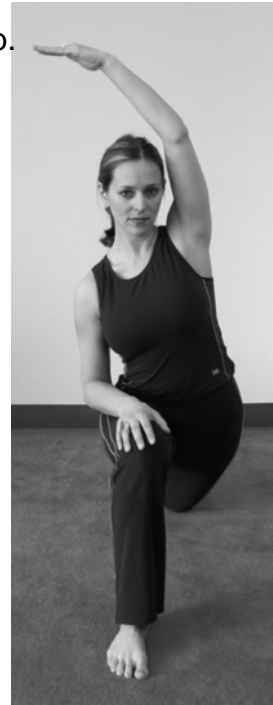
2b. Place right hand on right knee for balance. Extend left arm up and overhead to the right. Hold 30 seconds. Repeat

on the other side.

2a.



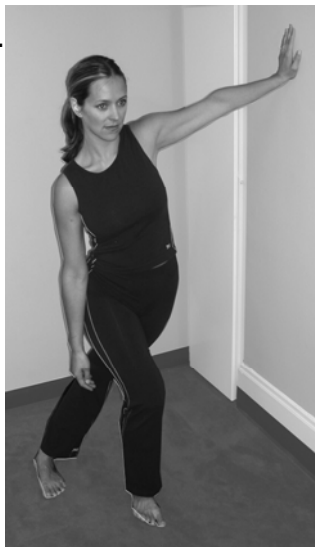
2b.



3a.



3b.



580 Market Street,
 Suite 200
 SF, CA 94104
 P: 415-788-2100
 F: 415-788-2102

Standing TFL Stretch

3a & b. Place hand on the wall at rib height. Step away from wall until arm is straight. Step inside foot behind and away from wall, bending front knee. Press inside hip slightly forward. Hold 30 seconds. Repeat on other side.