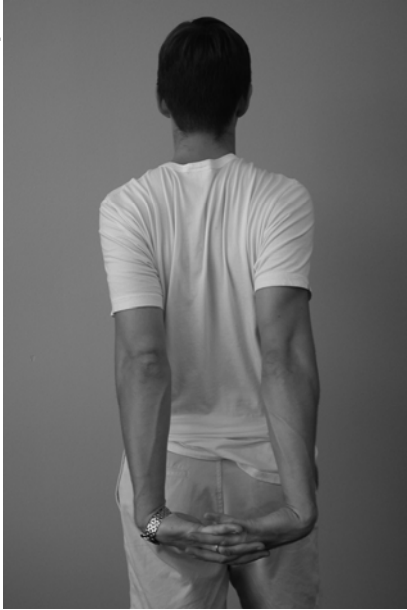


1a.



1b.



Interlaced Hands Behind Back

1a & b. Sit or stand upright. Lift sternum reaching hands back and down. Interlace fingers, opening chest and lengthening spine while gently pulling hands away from buttocks. Hold 30 seconds.

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Pec Stretch on the Wall

2a. Place right hand on the wall above shoulder height.

2b. Turn toward the left and step forward with left foot until you feel a stretch across the front of right chest and shoulder. Do not hike shoulder. Hold 45 seconds. Repeat on other side.

2c. Place hand on the wall at shoulder height. Repeat as above.

2a.



2b.



2c.

