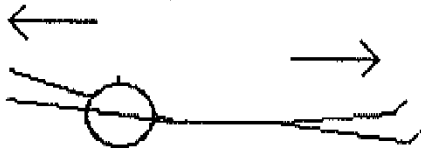


"Daily Fifteen" Stretching Routine:

1. "The Rack"



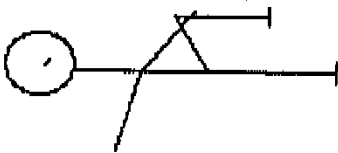
Lying on your back, stretch your arms and legs in opposite directions.

2. Knee to Chest



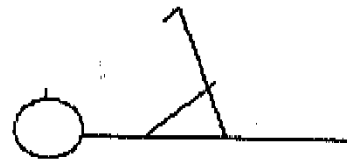
Lying on your back, hug one knee to your chest.

3. Knee Across



Lying on your back, bring your knee across your body to the floor.

4. Leg Up Hamstring



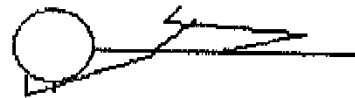
Lying on your back, extend one leg directly up to the ceiling.

5. Cobra



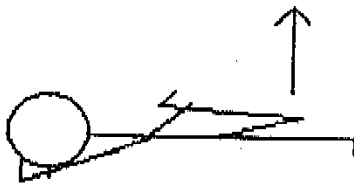
Lying on your stomach, raise your upper body off the floor.

6. Lying Quadriceps



Lying on your stomach, reach back to hold your heel to your buttocks.

7. Lying Hip Flexor



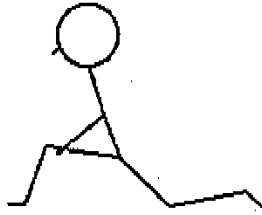
Add to stretch #6 by raising your knee off the floor.

8. Child's Pose



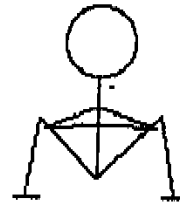
Sit back on your shins and reach your arms above your head.

9. Kneeling Hip Flexor



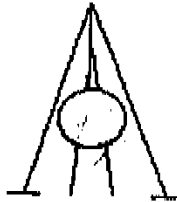
Kneeling on one knee, step your foot out in front of you and lean forward.

10. Squatting Achilles



Stand with your feet wider than shoulder-width and squat very low.

11. Standing Hamstring



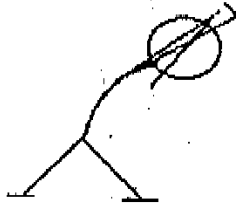
Stand with feet shoulder-width apart and reach for the floor with knees extended.

12. Standing Triceps



Reach your hand above your head first, then try to touch the center of your back.

13. Triceps and Obliques



Add to stretch #12 by leaning away from your stretching arm.

14. Biceps



Interlock your fingers behind your back and raise your arms as high as you can.

15. "Hug" Traps



Give yourself a hug [because you deserve it!] and tuck your chin to your chest.