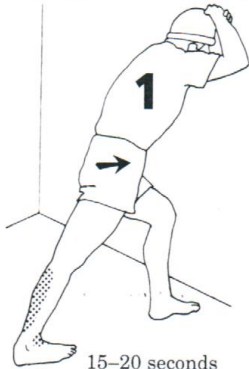


STEVEN B. WASSERMAN, R.N., D.C.
3772 Katella Ave., Ste. 100
Los Alamitos, CA 90720
(562) 430-4949

Stretches for the Legs, Groin & Hips

Approximately 7 Minutes

Stretch comfortably after a light warm-up of walking in place or riding a stationary bike for 2-3 minutes. Remember to stretch with control as you gradually limber up. Relax and breathe rhythmically.



15-20 seconds
each leg
(page 71)



15-20 seconds
each leg
(page 75)



Hold for
20-30 seconds
(page 55)



10-15 seconds
(page 54)



10-15 seconds
each leg
(page 53)



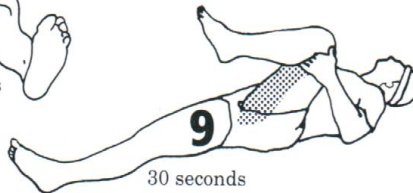
20-30 seconds
(page 58)



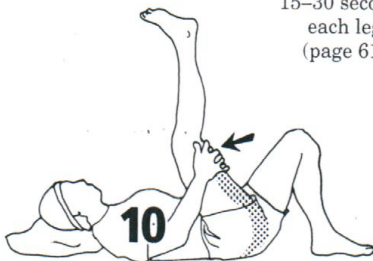
15-30 seconds
each leg
(page 61)



10-15 seconds
each leg
(page 35)



30 seconds
each leg
(page 63)



10-20 seconds
each leg
(page 58)



30 seconds
(page 26)



15-20 seconds
each leg
(page 36)