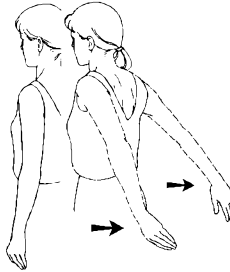


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SHOULDER - 87  
 Standing Shoulder Extension

Bring arms straight behind you as far as possible without pain. Make sure to bring shoulders back and down towards waist. Create distance between ears and shoulders.



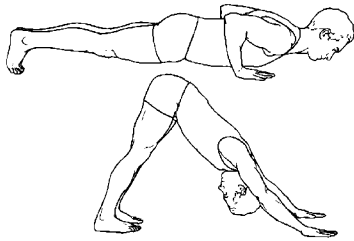
Repeat 7 times per set. Do 3 sets per session. Do 3 sessions per week.

BACK - 21  
 Mid-Back Rotation Stretch



Reach to each side as far as you can, keeping chest as low to floor as possible. Hold 5 seconds.  
 Repeat 3 times each side. Do 3 sessions per week.

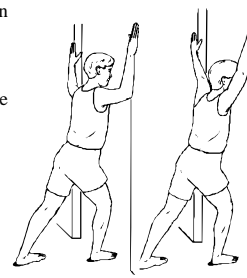
YOGA - 34 Down Dog



From lowered push-up position, exhale and press body back and hips up to inverted V position. Keep back straight, shoulders down, palms flat. Press heels toward floor.  
 Hold for 5 breaths.

CHEST - 6 Pectorals

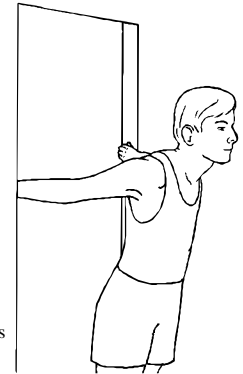
With arms forming a T, lean forward until stretch is felt. Hold 7 seconds. Slide arms up to form a V and repeat the stretch. Then slide arms down to form an inverted V and repeat stretch. That gives you 3 positions to hold for 7 seconds.



Repeat 3 times.  
 Do 3 sessions per week.

CHEST - 3 Pectorals

Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold 7 seconds.



Repeat 3 times. Do 3 sessions per week.

SHOULDER - 8  
 Range of Motion Exercises (Self-Stretching Activities):  
 Flexion (alternate)

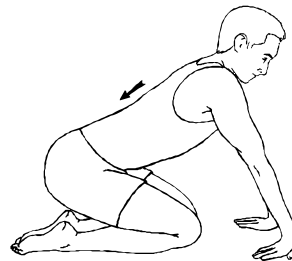
Slide arm up wall with palm toward you, moving closer to wall. Hold 3-5 seconds.



Repeat 3 times. Do 3 sessions per week.

ARMS - 4 Flexors

From kneeling position, with palms flat and fingers pointed backward, slowly lean back until stretch is felt. Hold 7 seconds.



Repeat 3 times. Do 3 sessions per week.

SHOULDER - 73  
 Towel Stretch for Internal Rotation

Pull involved arm up behind back by pulling towel upward with other arm. Hold 3-5 seconds.



Repeat 3 times per set. Do 2-3 sets per session. Do 3 sessions per week.