



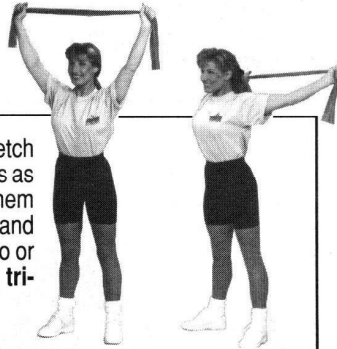
BODY-SCULPTING

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STRETCH CHART

one

Stand up straight with a towel or stretch band overhead. Keeping your arms as straight as possible, slowly lower them back to a comfortable position and hold for a few seconds. Repeat two or three times. **Pectorals, biceps, triceps and deltoids.**



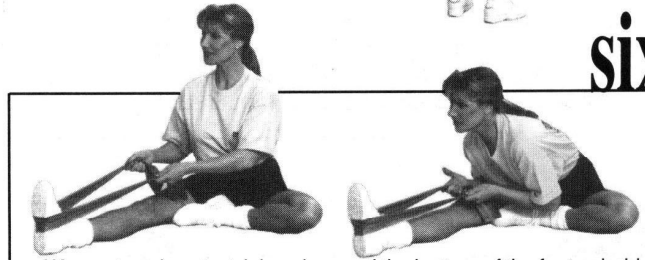
five

Intertwine the fingers and place the hands behind the back. Squeeze the shoulder blades together and lift up. Hold. **Deltoids, trapezius and pectorals.**



two

Stand up straight with a towel or stretch band overhead. Take a breath in and exhale as you bend to the left side. Hold for a few seconds. Switch sides and repeat. Do twice. **Latissimus and obliques.**



six

Wrap a towel or stretch band around the bottom of the foot or hold onto the calf. Breathe in and lift up as you exhale and lower your body toward your knee. Hold. Switch sides and repeat. **Biceps femoris (hamstrings).**

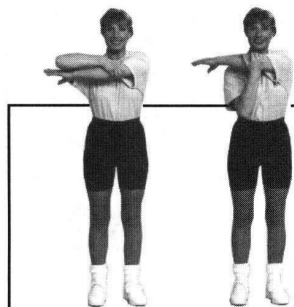
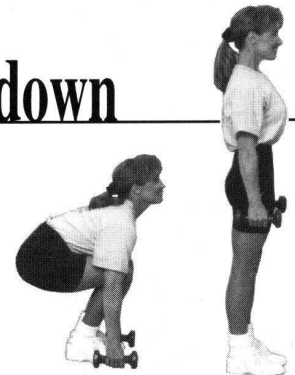
three

Position the left hand down the center of the back. Place the right hand on top of the left elbow and gently press down and hold. Switch sides and repeat. **Deltoids and triceps.**



pick up & set down

- Place the dumbbells on the floor at the side of each foot.
- Squat down and position the chest close to the knees.
- Keeping the head forward and back straight, grab the dumbbells and stand up.
- To set down the weights, reverse these procedures.



four

Place the right hand on top of the left elbow. Gently pull the arm across the body to the other side and hold. Variation: Grab the elbow from underneath and hold. Switch sides and repeat. **Deltoids and pectorals.**

optional thigh stretch

Gently pull the heel toward the buttocks and hold. Switch sides and repeat. This stretch may be substituted for Stretch #8. **Quadriceps.**



DIRECTIONS FOR STRETCHING

- Always warm up your muscles before stretching. Suggested warm-ups: Marching in place, knee cross-overs or side-to-side movements for 2-3 minutes.
- Stretch between sets and after your workout to help keep muscles flexible and reduce risk of injury.
- Ease gently into stretch. Never bob or jerk. You should never feel any pain – just tightness.
- Hold each stretch for a minimum of 10 seconds.
- Consult with your doctor before starting any exercise program.