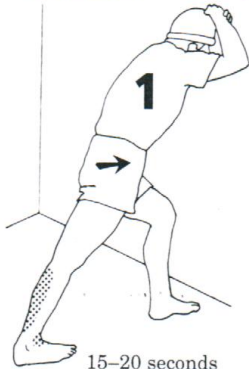


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Stretches for the Legs, Groin & Hips

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)



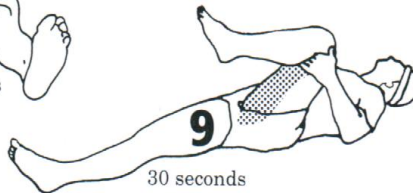
20-30 seconds
 (page 58)



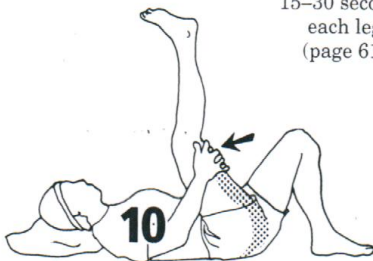
15-30 seconds
 each leg
 (page 61)



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)