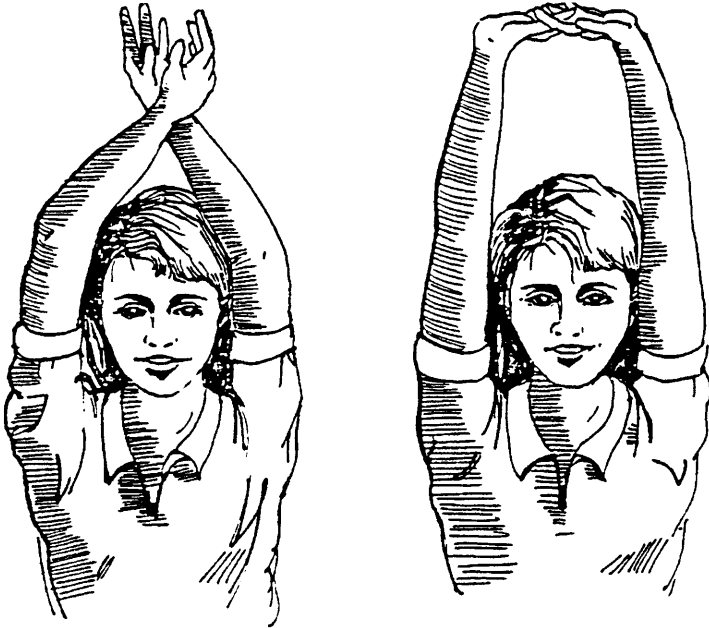


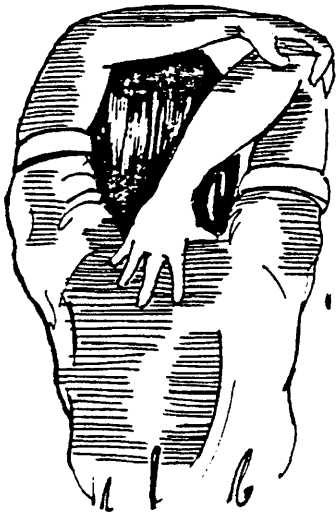
STRETCHES FOR THE ARMS AND SHOULDERS

SHOULDERS - BACK - ARMS
(STANDING POSITION)

1. EXTEND ARMS SKYWARD SLOWLY, HOLD HIGH 7 SECONDS, SLOWLY RELAX - REPEAT SEVERAL TIMES, VARY ROTATION OF ARMS (I.E. PALMS IN, PALMS OUT).



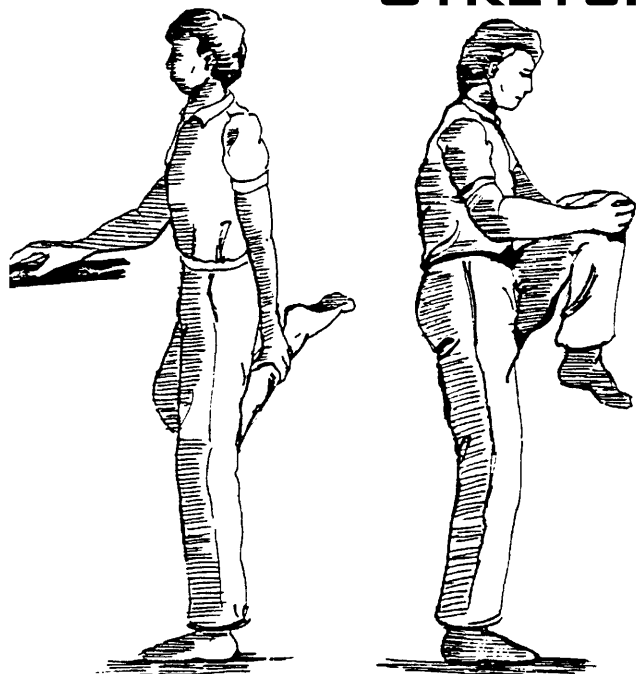
2. EXTEND ARMS FORWARD SLOWLY (FINGERS INTERWOVEN, PALMS OUT), HOLD 7-10 SECONDS, SLOWLY RELAX, REPEAT.



3. GENTLY PULL ONE ARM OVER HEAD, BEND GENTLY AT HIPS, HOLD 7 - 10 SECONDS, SLOWLY RELAX, REPEAT WITH OTHER ARM.

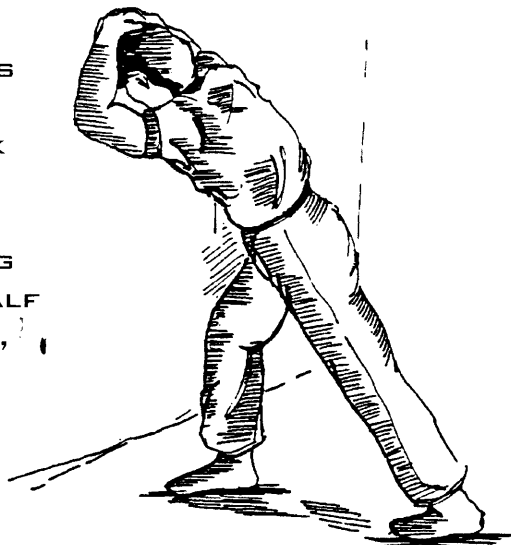
4. EXTEND ARMS BEHIND BACK, HOLD 7 SECONDS, SLOWLY RELAX, REPEAT.

STRETCHES FOR THE LEGS

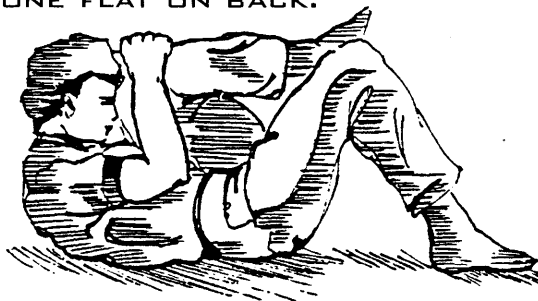


5. FOR THE QUADRICEPS:
WITH ONE HAND ON A CHAIR FOR BALANCE, SLOWLY PULL OPPOSITE

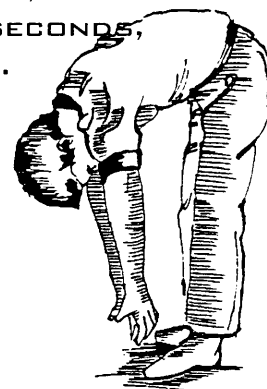
7. FOR THE CALF AND ACHILLES TENDON:
LEAN FORWARD ON A WALL (ONE FOOT IN FRONT AS IF PUSHING ON WALL), KEEP BACK STRAIGHT, MOVE HIPS FORWARD UNTIL STRETCHING IS FELT IN THE CALF OF THE BACK LEG, HOLD 7-10 SECONDS, SLOWLY RELAX - REPEAT WITH OTHER LEG FORWARD.



6. FOR THE GLUTEOUS MUSCLES:
PULL KNEE OF ONE LEG TOWARD YOU, KEEP BACK STRAIGHT (SUPPORT FOR BALANCE MAY BE OFFERED BY FELLOW BOWLER), HOLD 7-10 SECONDS, SLOWLY RELAX - REPEAT WITH OTHER LEG. MAY BE DONE FLAT ON BACK.



8. FOR THE HAMSTRINGS: BEND SLOWLY TO TOUCH TOES (KNEES SLIGHTLY BENT, NO BOUNCING), HOLD 7-10 SECONDS, RISE. SLOWLY.



9. GENERAL: WITH ONE LEG FORWARD (SIMILAR FINAL POSITION OF DELIVERY), LOWER THE HIPS SO STRETCHING IS FELT IN THE QUAD REGION OF THE BACK LEG, HOLD 7-10 SECONDS, SLOWLY RELAX REPEAT WITH OTHER LEG FORWARD.

