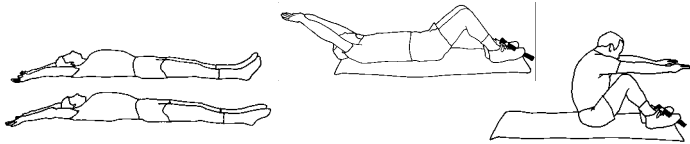


# STRETCH & STRENGTHEN 1

## Stretch & Lift

Stretch time: 3 min  
Lift time: 25 min

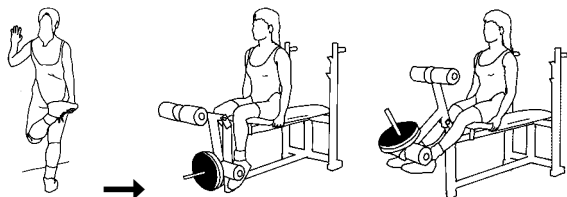
- Stretch, then do the lifting exercise
- While you are resting from the lift, do the next stretch
- And so on, until you complete all 9 combinations in this program
- When you feel strong enough, move on to Stretch & Strengthen 2



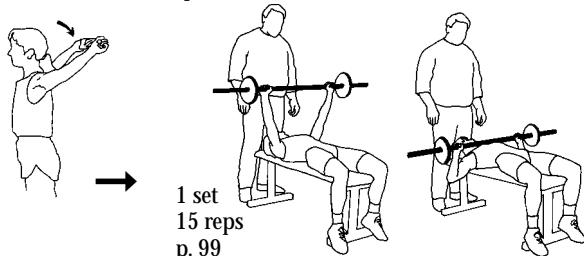
1  
5 sec, 3 times  
p. 83 → 1 set  
10-30 reps  
p. 87



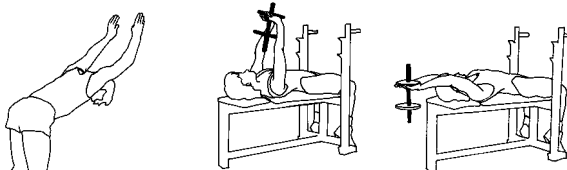
2  
10 sec  
each leg  
p. 84 → 1 set  
10-30 reps  
each leg  
p. 87



3  
15 sec  
each leg  
p. 79 → 1 set  
15 reps  
p. 103



4  
15 sec  
p. 81 → 1 set  
15 reps  
p. 99



5  
15 sec  
p. 81 → 1 set  
15 reps  
p. 97

## STRETCHING

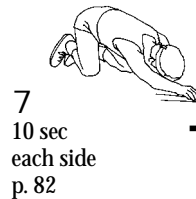
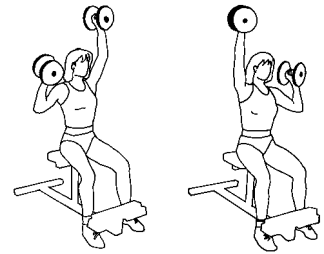
- Always stretch and warm up before you exercise
- Do not bounce
- No pain!
- See Stretching Instructions, pp. 77-84

## LIFTING

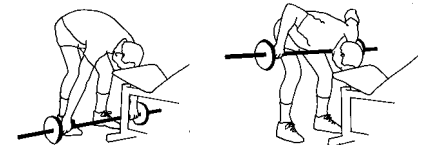
- Set = a fixed number of repetitions
- Rep = a repetition
- Use enough weight so last rep of set is slightly difficult
- Increase weight only when last rep is not strenuous
- Never lift to failure
- See Lifting Instructions, pp. 85-108



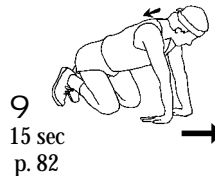
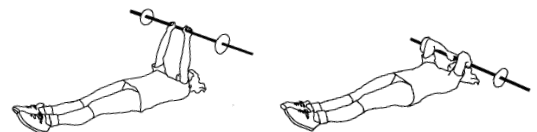
6  
20 sec  
p. 81 → 1 set  
15 reps  
p. 102



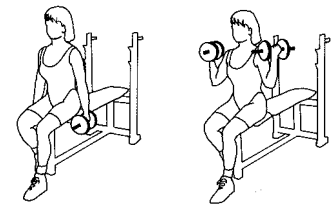
7  
10 sec  
each side  
p. 82 → 1 set  
15 reps  
p. 93



8  
15 sec  
each side  
p. 82 → 1 set  
15 reps  
p. 107



9  
15 sec  
p. 82 → 1 set  
15 reps  
p. 95



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