

Stretch Sheet 3



*****Always better to UNDER-STRETCH than to..OVER-STRETCH!**

- * **“No PAIN – No GAIN”** attitude doesn’t work here.
 - * **Relax – Relax & Relax** while **stretching** and **holding**. **No bouncing!**
 - * Determine “your” **Holding Times**, (30 counts per max.// 10 cp min.) record them.
 - * Listen to what your muscles are saying. “stretch and hold me”..while relaxing !
- (Remember to do both right and left sides on #'s 48,49,53,54,55,57,58,62,..)

