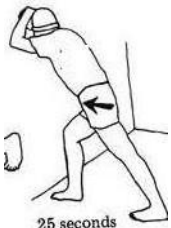


SPORTS for Exceptional Athletes

Zoom Stretching Workout

From Bob Anderson Stretching Book



25 seconds
each leg

1 One Leg Forward
& Other Leg Back



20 seconds
each leg

2 Foot against Knee
& Hand Touch
Other Foot



10 seconds
each side

3 One Leg Over
Other Leg with
Arms on Ground



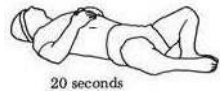
10 seconds
each side

4 One Leg Over Other Leg
& pushing with
Opposite Arm



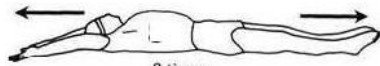
30 seconds

5 Legs Apart & Lean Forward
& 6 Butterfly



20 seconds

7 Lie Down Butterfly



2 times
5 seconds each

8 Lay Flat on Back
Stretch-out Arms & Legs



3 times
5 seconds each

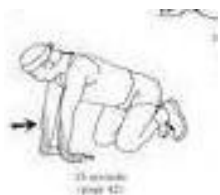
9. Sit-ups/Curls (20)



10 Push-ups (10)



11 Starting Track
Running Position



12 Doggy Dog



13 Deep Thought



14 Hands Interlocked
Over Head



15 Elbow Held Down
Over Head with
Opposite Hand



16 Ankle
Twist & Shout