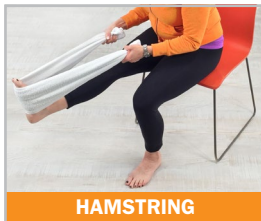


STRETCHES



HAMSTRING

Place right leg forward & flex foot upward with bath towel. Keep right leg straight & lean forward with a straight back into stretch. Hold stretch for 15-30 seconds before switching legs.



SHOULDER

Make a wide V shape with arms while holding the towel. Keep arms straight while rotating arms backward & forward over your head 5 times.



CHEST & SHOULDER

Hold the towel with a wide grip behind your body. Press shoulders down, keep arms straight and raise arms behind as high as you are able.

STRENGTHENING EXERCISES



BICEPS CURLS

Hold ends of towel & anchor foot in the middle. Use foot to apply continuous resistance as you pull up on towel as hard & high as can before lowering forearms downwards. Do 5 repetitions at maximum effort.



UPPER BACK SQUEEZES

Hold towel at shoulder height & shoulder distance apart in front of body. Pull outwards on towel while contracting back muscles. Hold contraction for 10 seconds & release. Repeat 5 times. Remember to breathe regularly.



LAT PULL DOWNS

Start by holding the towel over your head with arms in a wide V. Keeping a continuous resistance, bend elbows to lower towel to chest, exhale & then raise arms back over head. Repeat this exercise 10 times.



STRETCH & CRUNCH

Hold towel over head with arms in a wide V. Keeping back straight & looking forward, stretch from side to side to work waistline.

All exercises are done at your own risk

info@x-bytes.com www.x-bytes.com 1-855-8xbytes @Xbytes