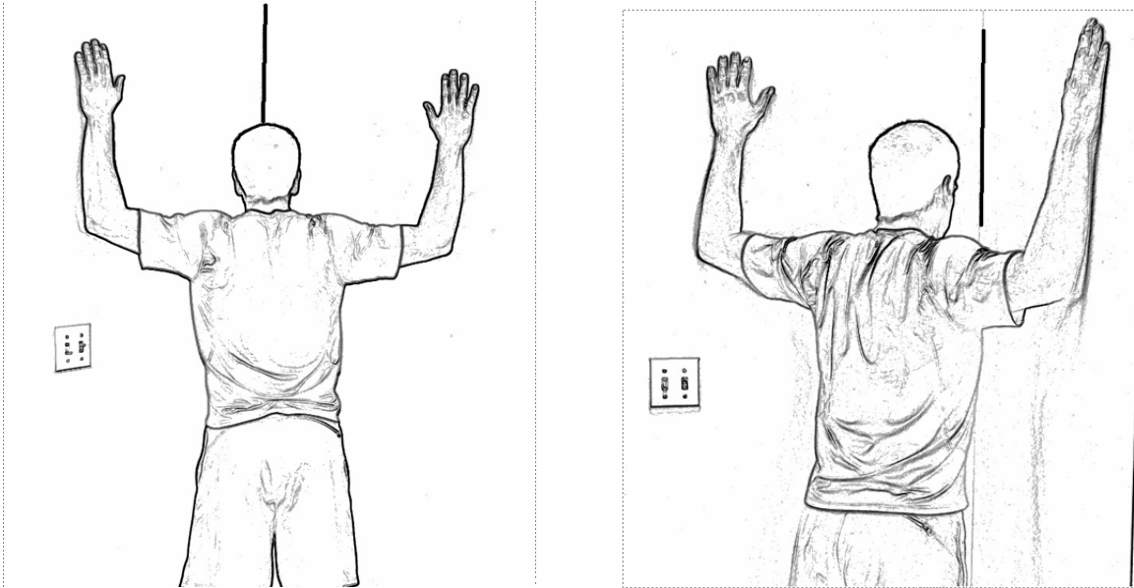




Corner Stretch



- Stand facing a corner, with your arms at 90 degrees, touching each side of the wall.
- Lean into the corner to stretch out your shoulders and chest.
- Hold for five seconds.
- Come out of the stretch, walk your arms up the wall about two inches, and lean back into the stretch.
- Hold for another five seconds.
- Come out of the stretch, walk your arms up the wall another two inches, and lean into the stretch for a third time.
- Hold for five seconds.