

Arc Quad Sets



Sit up straight and tighten your stomach, kick both legs out and hold out for 10 seconds and then back down. Repeat 200 times a day by doing 10 sets of 20 reps.

Shoulder Shrugs



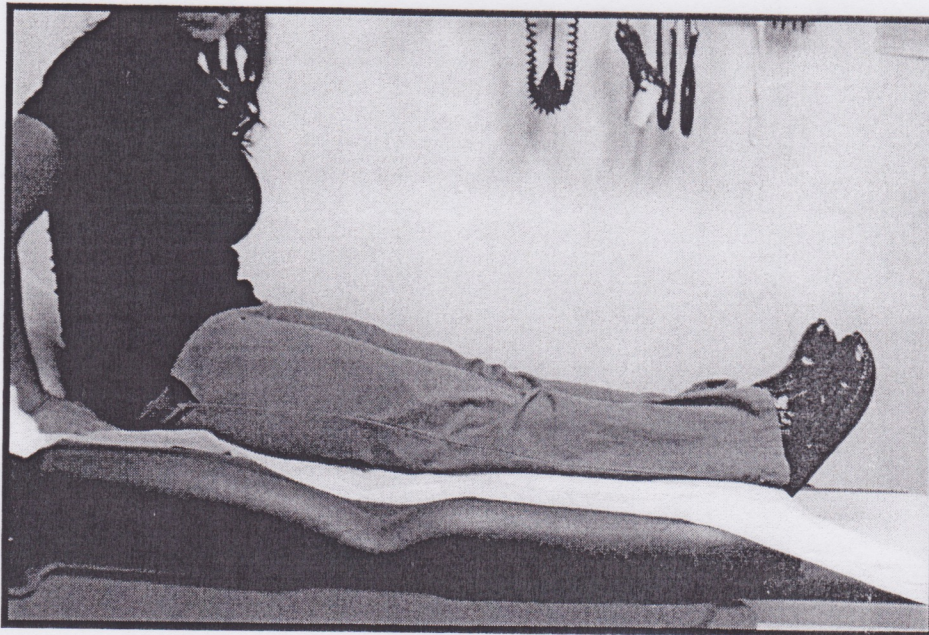
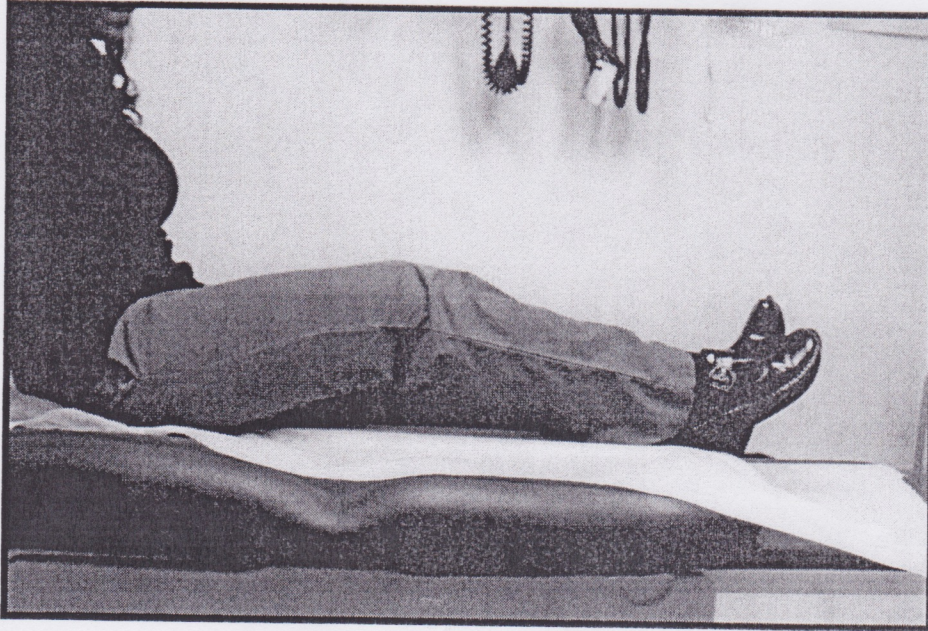
Lift both shoulders up toward your ears and hold for 10 seconds. Take both shoulders back by squeezing shoulder blades together and hold for 10 seconds. Let shoulders down. Repeat 100 times a day by doing 10 sets of 10.

Hamstring Stretch



Prop one leg up on a chair, keeping back straight slowing lean forward until you feel a stretch behind the knee. Hold for 30 seconds and repeat 2-3 times on each leg.

Non Arc Quads sets



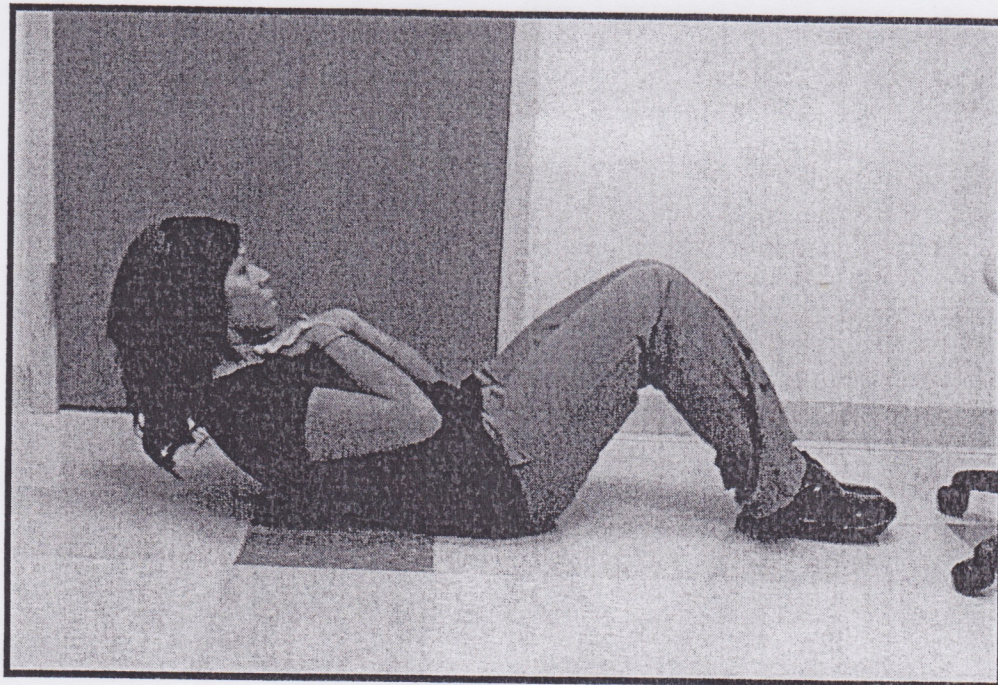
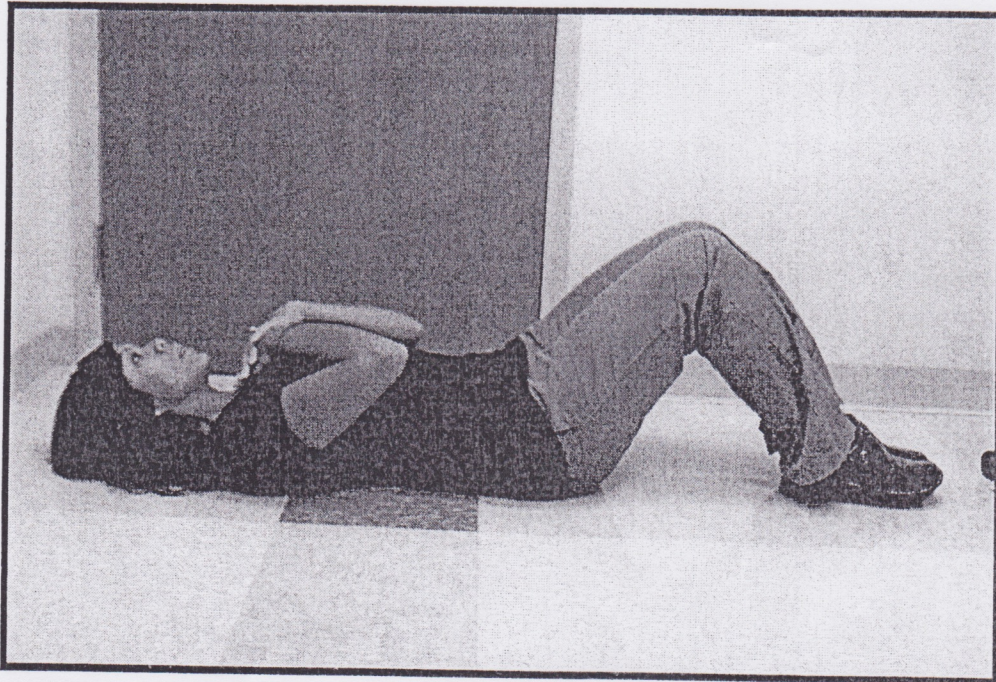
Start with both legs out straight. Slightly bend one leg. Tighten the muscles in your quad and push knee down. Hold for 10 second and repeat 300 times a day by doing 20 sets of 15 reps.

Elephant Exercise



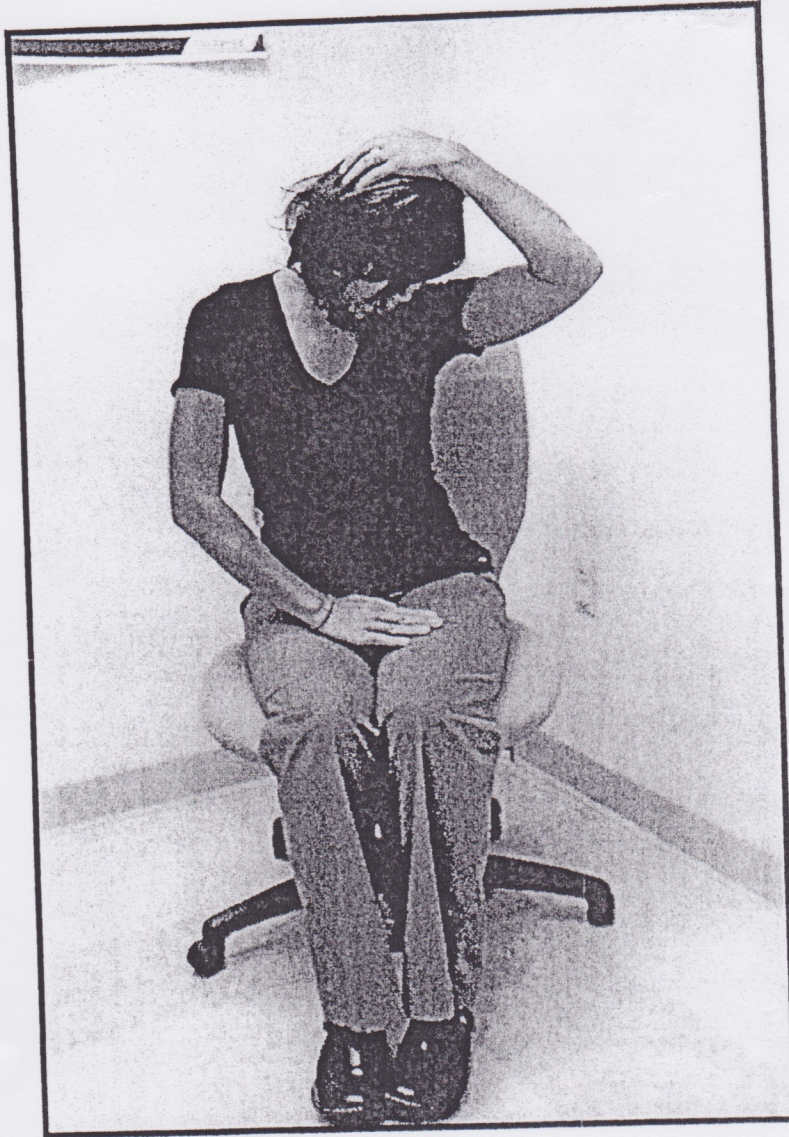
While sitting in chair lean forward and stretch arms out in front towards the ground. Relax muscles in back until you feel a gentle stretch of low back muscles. Hold for 30 seconds and repeat several times through out the day.

Abdominal Crunches



While lying down bend both knees and cross arms in front of chest. Tighten abdominal muscles and lift shoulder blades up off floor and lower back down. Repeat 50 times a day.

Levator Scap Stretch



Look down toward armpit and gently pull head down toward armpit. Hold for 30 seconds and repeat 2-3 times on each side.

Upper Trap Stretch



Sitting up straight lean your head to the side by taking your ear down toward your shoulder. Gently pull until you feel a stretch in your neck. Hold for 30 seconds and repeat 2-3 times on each side.