



Muscle Worked	full body
Description	This session must be done as close to going to bed as possible to gain max results. Session time is 30 min.
Instructions	

			Week 1			Week 2			Week 3			Week 4		4
Image	Exercise	Directions	Sets	Wgt	Reps									
	Buttocks Floor Stretch (184)  Muscle Group: Buttocks	hold for 1min	3											
	Kneeling Quadriceps and Front Hip Stretch (314) Muscle Group: Quadriceps	hold for 30sec each leg	3											
	Hamstring Floor Stretch (189)  Muscle Group: Hamstrings	hold each legg for 30sec, really pull on this stretch	3											
	Hamstring Stretch Seated (191)  Muscle Group: Hamstrings	hold for 30sec on each legs	3											
	Back Recovery Stretch (7)  Muscle Group: Back	hold for 1min	3											

Abdominal Stretch Lying (413)	really reach up !! hold for 1min	3						
Muscle Group: Abdominals								
Inner Thigh Stretch (200)  Muscle Group: Quadriceps	pull yourself over , dont push your legs down !! hold for 1min	3						
Chest Stretch Kneeling (128)  Muscle Group: Chest	hold for 30 sec each side	3						
Neck Stretch - Variation (300)  Muscle Group: Back	gently pull your hd down towards your chin and then let it go all the way up looking up at the sky. do slowly and allow 30sec	3						
Upper Back and Shoulder Stretch (321) Muscle Group: Back, Shoulders	hold for 30 sec each	3						