

9/6/2013



3 sets of 10



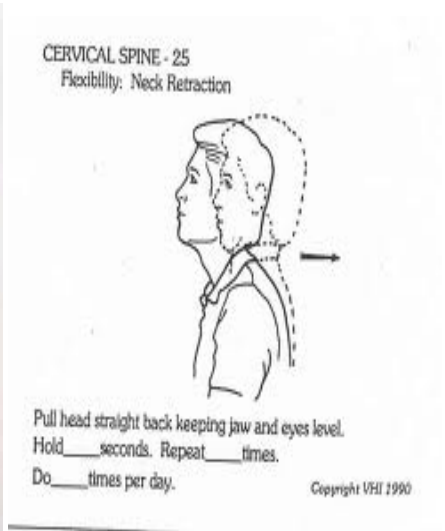
hold for 10 seconds, 6 times



hold for 10 secs 3 times each



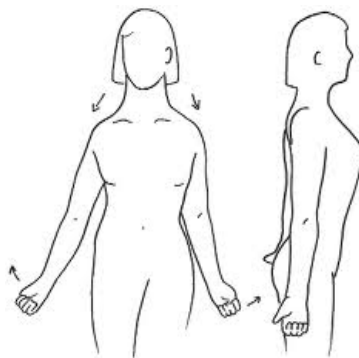
Hold for 10 seconds, 6 times



hold for 10 seconds 6 times



Perform range of motion 5 times



hold for 10 seconds 6 times



10 minutes