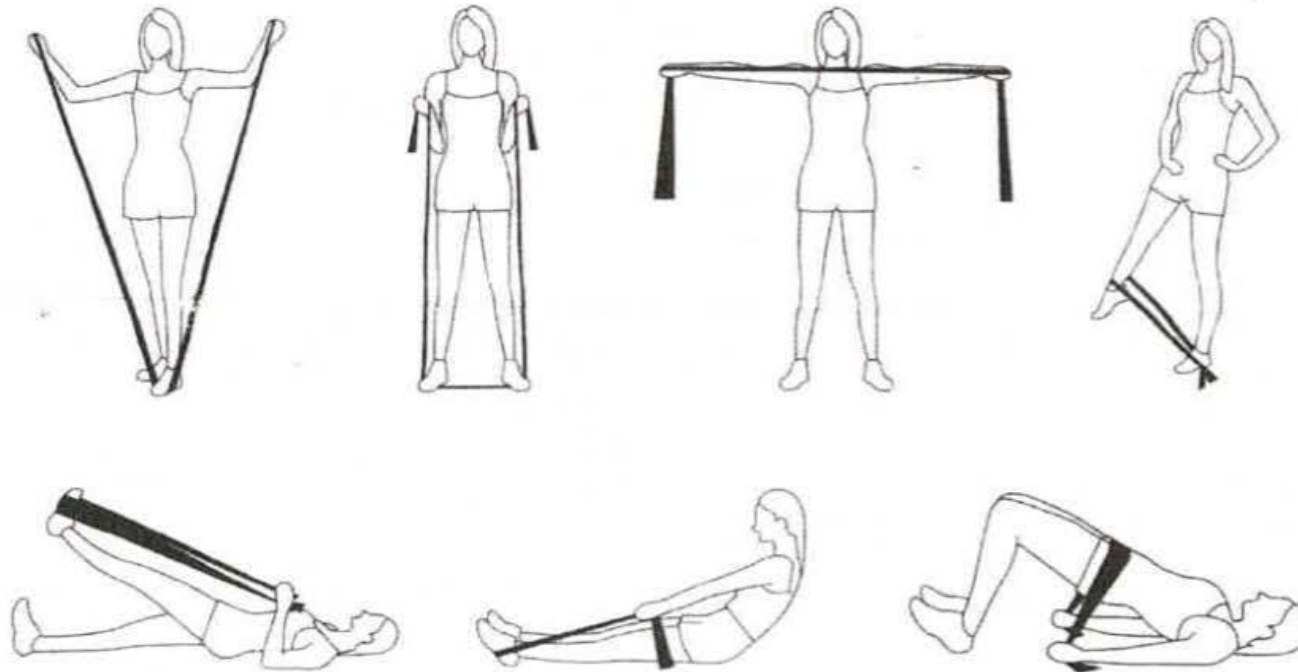


Stretch Band Exercises



Be cautious! Do stretch band exercises slowly and carefully

Description:

From the above image, select at least two stretching exercises.

Repeat each exercise in 2 sets, each set 10-15 times. Rest 1-2 minutes before you begin the second set.

Gradually increase the number of exercises to 3 sets, or increase the number of times per set to 20-25 times.



To learn more about our doctor's group,
call Member Relations: (415) 590-7418



aamgdoctors.com



youtube.com/AAMGDoctors



facebook.com/DoctorsAAMG