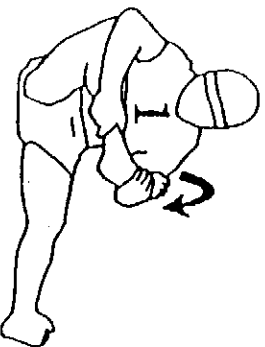


Before and After

Gymnastics/ Figure Skating/Dance

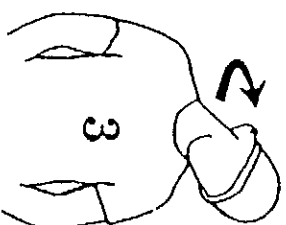
Approximately 15 Minutes



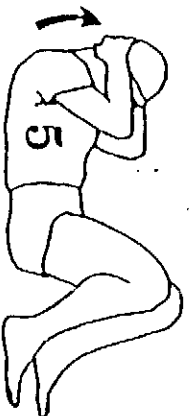
20 times
each direction
(page 31)



10 seconds
each foot
(page 31)



5 times
each direction
(page 89)



3 times
8 seconds each
(page 25)



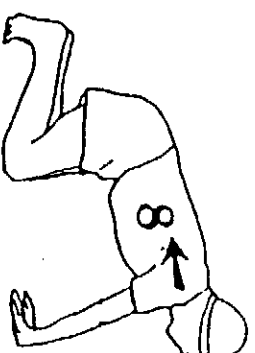
30 seconds
(page 24)



25 seconds
each side
(page 29)



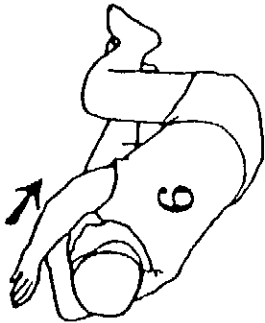
3 times
8 seconds each
(page 28)



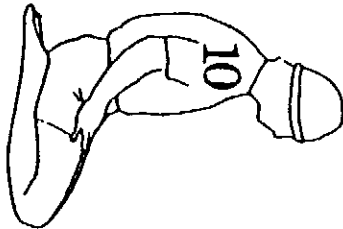
20 seconds
(page 40)

continued...

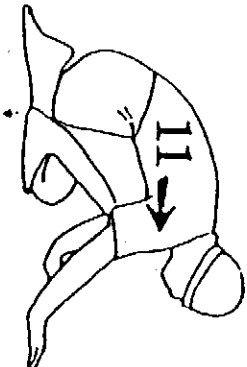
... Gymnastics/ Figure Skating/ Dance



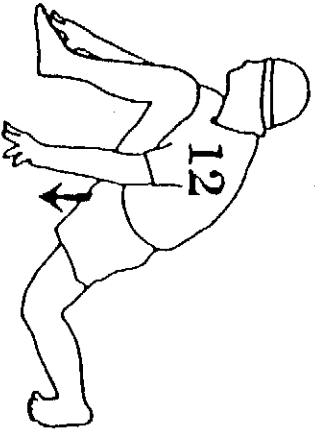
15 seconds
each arm
(page 40)



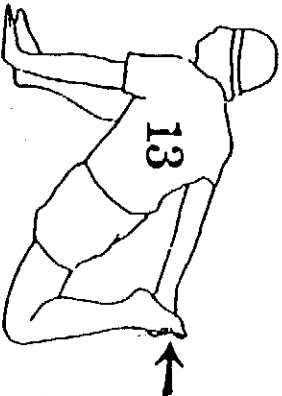
30 seconds
(page 46)



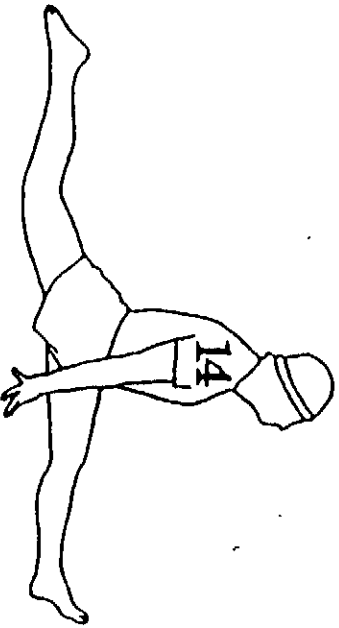
15 seconds
(page 47)



10 seconds
(page 48)

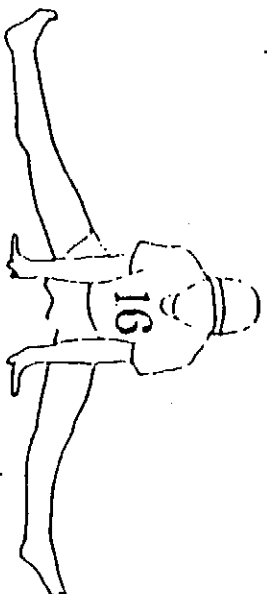


25 seconds
(page 50)

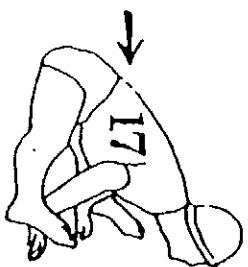


25 seconds
(page 97)

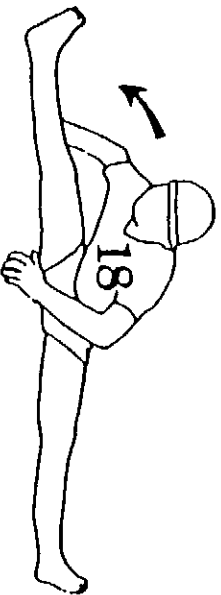
15
Repeat
11, 12, 13, 14,
other side



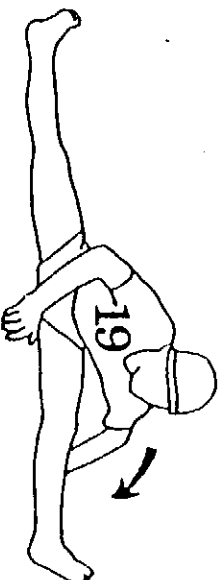
40 seconds
(page 98)



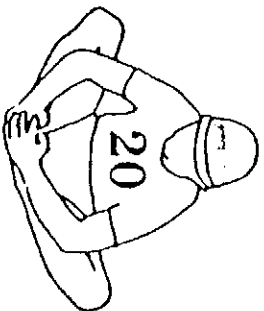
30 seconds
(page 93)



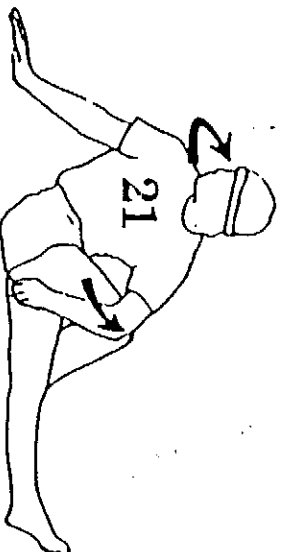
30 seconds
(page 94)



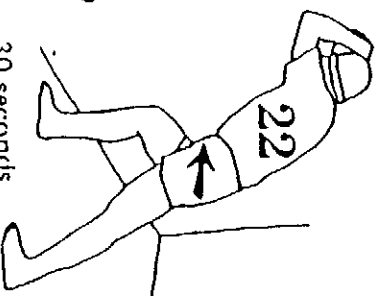
30 seconds
(page 94)



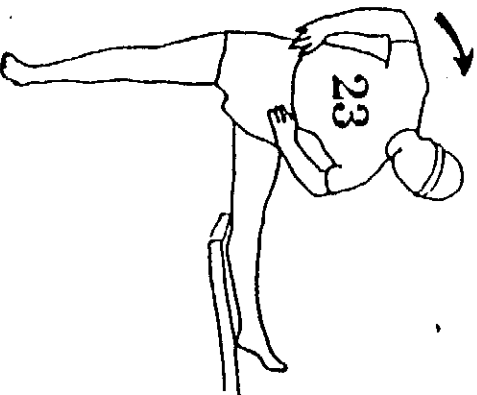
40 seconds
(page 56)



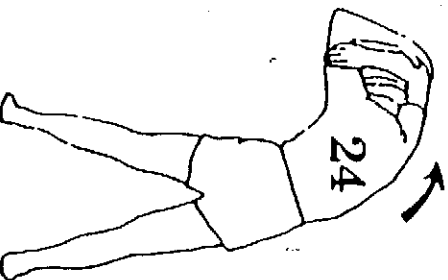
15 seconds
each side
(page 59)



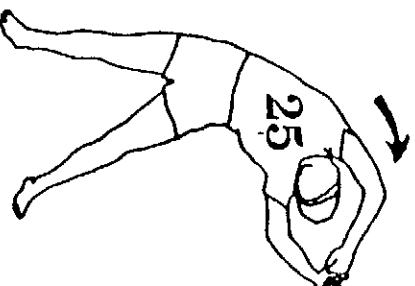
30 seconds
each leg
(page 71)



30 seconds
each leg
(page 75)



15 seconds
each side
(page 42)



15 seconds
each side
(page 78)

UNITED STATES OLYMPIC COMMITTEE

DESCRIPTION OF STRETCHING EXERCISES

1. Rotate ankle clockwise and counterclockwise through a complete range of motion with slight resistance provided by your hand - stretches ankle ligaments and helps to prevent sprains.
2. Massage up and down the longitudinal arch of your foot with your thumbs to relax the foot musculature.
3. Roll head around in a full circle while keeping your back straight - stretches neck muscles.
4. Relax with knees bent and soles of feet together. Let gravity pull you down - stretches groin area.
5. Interlace fingers behind your head - use arms to pull head forward until you feel stretch in the back of your neck.
6. Bend one knee at 90 degrees and pull bent leg up and over opposite leg. Pull your bent leg down toward floor until you feel a good stretch in lower back and side of hip.
7. Point toes and extend arms to stretch abdominals, spine, shoulders, arms, ankles and feet - very relaxing.
8. Point thumbs out and fingers to knees. Keep palms flat as you lean back to stretch forearms.
9. Pull back with straight arms while you press down slightly with palms to stretch shoulders, arms and back.
10. Sit back on your legs with ankles extended - improves flexibility of ankles but be careful if you have knee problems.
11. Lower heel toward ground while pushing forward on your thigh with your chest and shoulder - use forward pressure to give an easy stretch to Achilles tendon.
12. Move leg forward until the knee of the forward leg is directly over the ankle. Then lower front of hip downward to create easy stretch for hip flexors and groin area.
13. Reach behind with your hand and grab opposite foot between ankles and toes. Lower front of hip and pull heel towards the middle of buttocks to stretch quadriceps - be careful if you have knee problems.

14. From position in figure 12 - continue to move front foot forward as you lower hips downward. Keep back vertical and work gradually down to full split. If motion isn't critical to your sport don't be overly concerned with executing a full split.
15. Repeat procedure for other legs for motions 11-14
16. From standing position with feet pointed ahead gradually spread legs until you feel stretch on insides of upper legs. Continue moving feet apart as you improve.
17. Sit with feet a comfortable distance apart, lean slightly forward from hips to stretch insides of upper leg and hips. Stretch helps to make lateral movements easier and prevent injuries.
18. Bend forward from your hips keeping head up to avoid bending back - stretches hamstring muscles on the back of upper leg.
19. Repeat exercise 18 with opposite leg.
20. Put soles of feet together and hold onto toes. Pull yourself forward, bending from hips until you feel stretch in groin area.
21. Cross foot over body and rest it on outside of other knee. Bend elbow and rest on thigh. Turn head and look over shoulder to stretch lower back and side of hip.
22. Lean on wall with forearms and rest head on hands. Slowly move hips forward keeping lower back flat - stretches calf area.
23. With body forward, turn hip slightly to the inside. Slowly bend sideways with your shoulder going toward your knee - stretches inside of upper leg.
24. Pull your elbow behind your head as you bend from your hips to the side - stretches triceps and top of shoulder.
25. Clasp hands and bend to the side using your top arm to pull you down - stretches area along sides of your spine.