

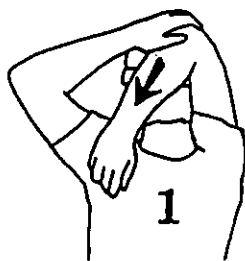
- 1. Warm Up Before
- 2. SLOWLY Stretch

Before and After

Baseball/Softball

Approximately 12 Minutes

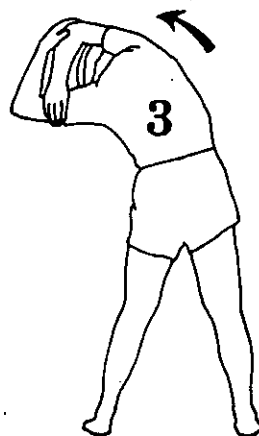
- 3. If you feel any pain, STOP that stretch



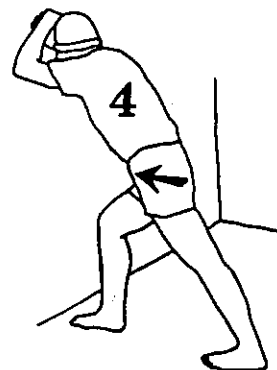
10 seconds
each arm
(page 41)



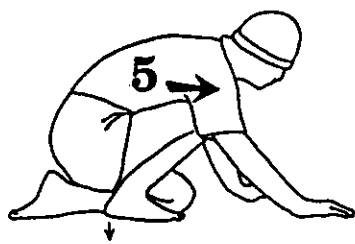
15 seconds
(page 43)



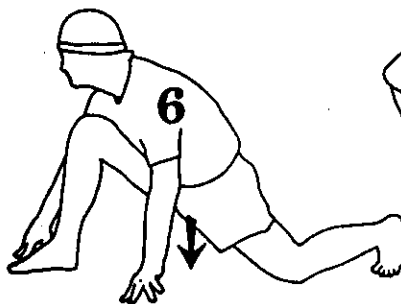
10 seconds
each side
(page 42)



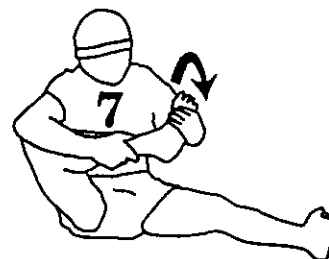
30 seconds
each leg
(page 71)



10 seconds
each leg
(page 47)



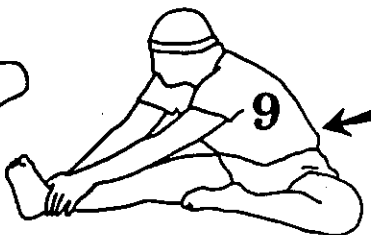
25 seconds
each leg
(page 48)



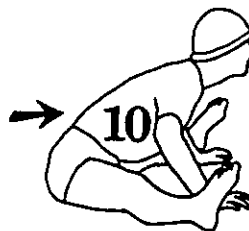
15 times
each direction
(page 31)



20 seconds
each leg
(page 33)



30 seconds
each leg
(page 36)



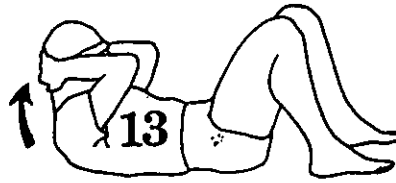
30 seconds
each leg
(page 93)



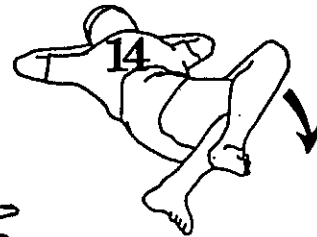
40 seconds
(page 56)



20 seconds
(page 24)



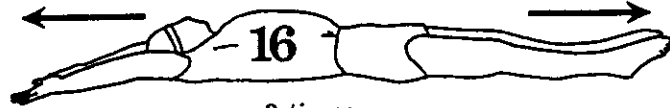
3 times
5 seconds each
(page 25)



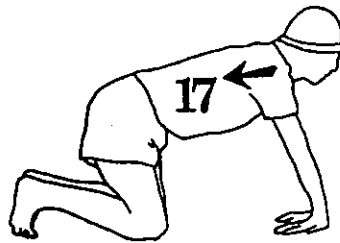
20 seconds
each side
(page 24)



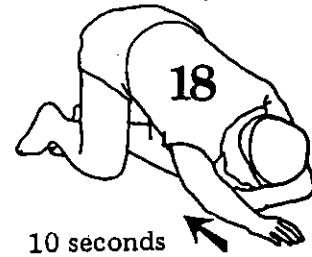
20 seconds
each leg
(page 28)



3 times
5 seconds each
(page 28)



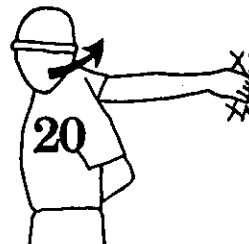
20 seconds
(page 40)



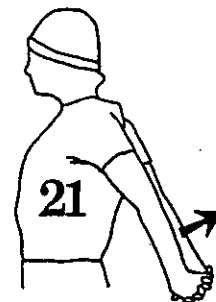
10 seconds
each arm
(page 40)



15 seconds
each side
(page 79)



10 seconds
each arm
(page 81)



15 seconds
(page 44)