

# stretch-AIDE® stretch guide

CONSULT PHYSICIAN BEFORE  
STARTING ANY EXERCISE PROGRAM.  
NOT INTENDED FOR USE BY CHILDREN.

stretch-AIDE.com

## Upper Body Series: shoulders, chest, torso



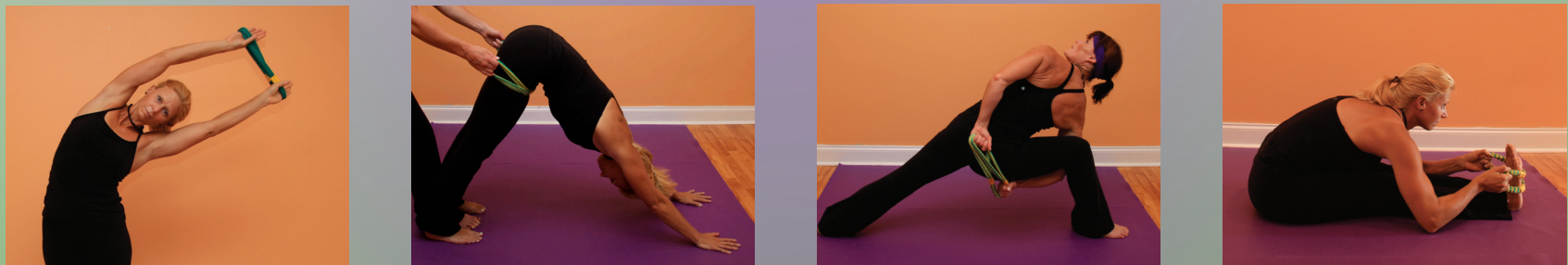
## Lower Body Series: lower back, gluteals, hamstrings, quadriceps



## Overall Body Series



## Yoga/Advanced Series



Ardha Chandrasana - Bikram Half Moon

Adho Mukha Svanasana - Downward Dog

Baddha Utthita Parsvakonasana - Bound Extended Side Angle

Paschimottasana - Seated Forward Bend



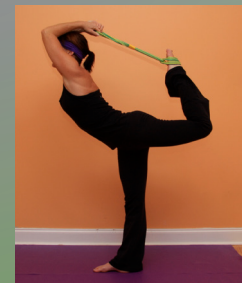
Dandayamana Janushirasana -  
Bikram Standing Head to Knee



Utthita Hasta Padangustasana I -  
Extended Hand to Big Toe



Utthita Hasta Padangustasana II -  
Revolved Extended Hand to Big Toe



Natarajasana  
Lord of the Dance



Eka Pada Rajakopotasana II  
One Legged King Pigeon