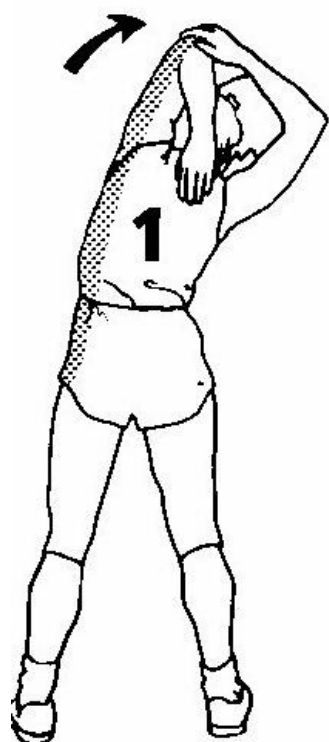


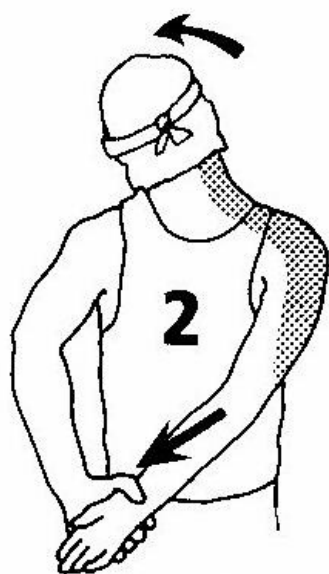
Before and After Racquetball, Handball & Squash

Approximately 7 Minutes

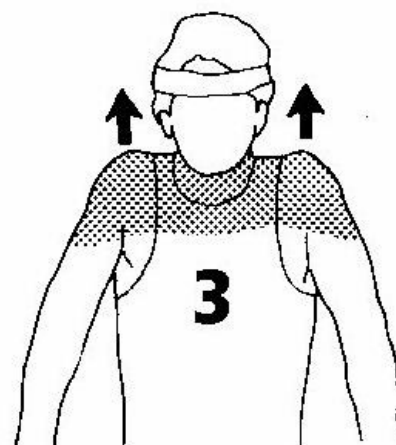
Warm up for 2–4 minutes before stretching.



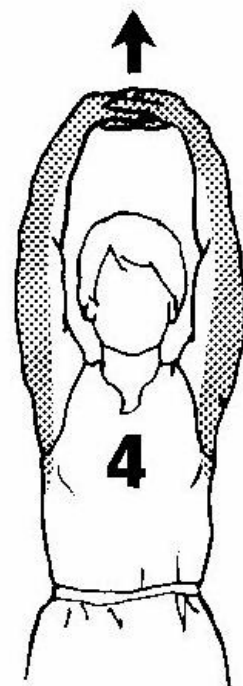
8–10 seconds
each side
(page 44)



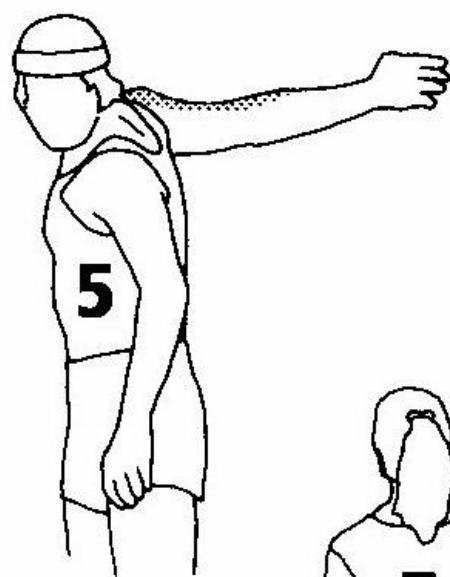
10 seconds
each arm
(page 47)



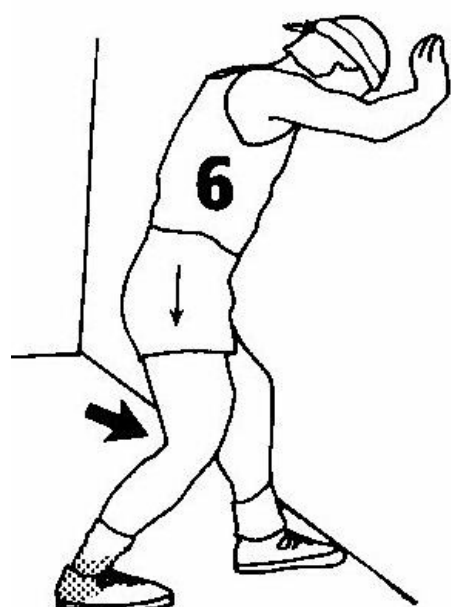
5 seconds
2 times
(page 46)



15 seconds
(page 46)



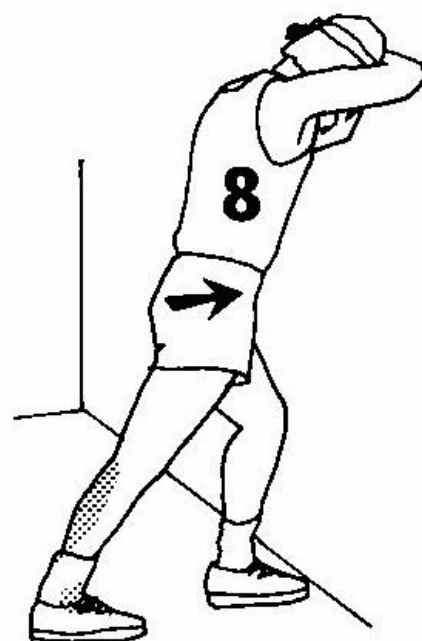
10 seconds
each arm
(page 82)



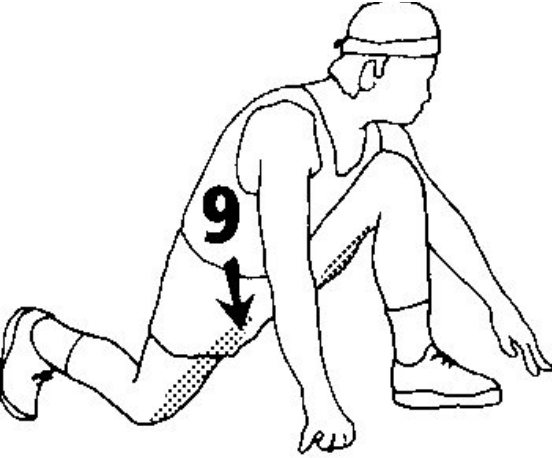
10 seconds
each leg
(page 71)



10–15 seconds
each leg
(page 75)



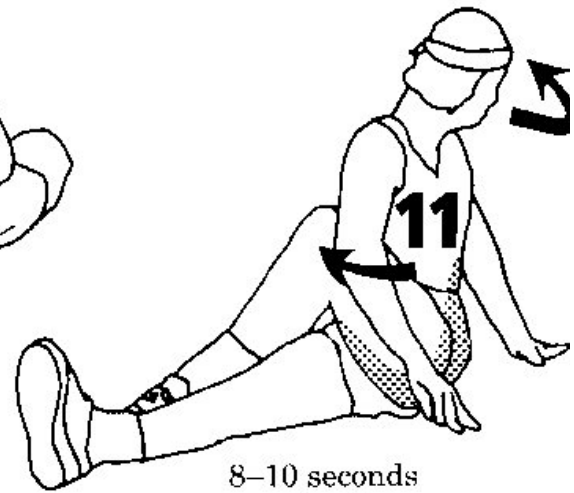
10–20 seconds
each leg
(page 71)



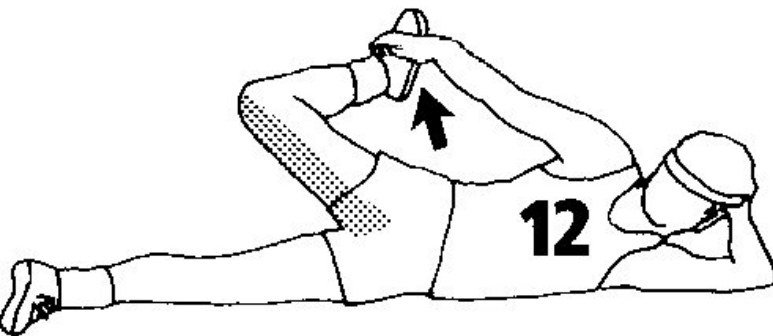
10–20 seconds
each leg
(page 51)



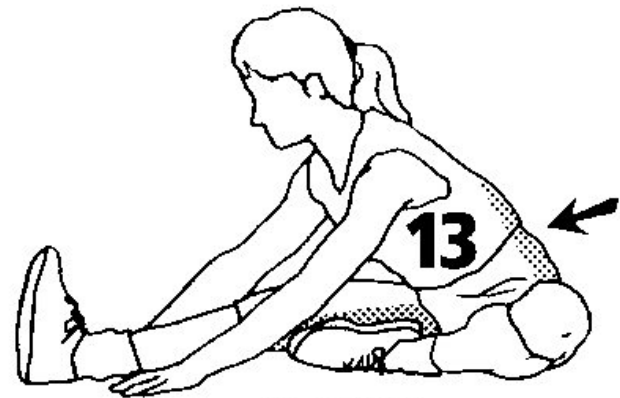
15 20 seconds
(page 58)



8–10 seconds
each side
(page 60)



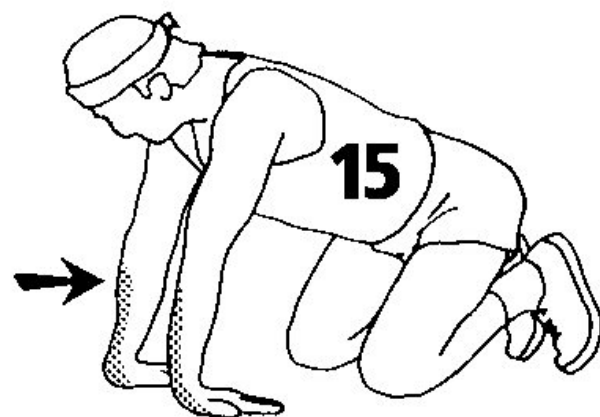
10 seconds
each leg
(page 36)



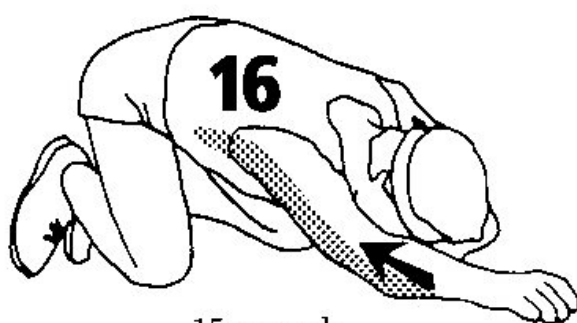
15 seconds
each leg
(page 39)



10–20 seconds
(page 65)



10–15 seconds
(page 42)



15 seconds
each arm
(page 42)

Short on time?
Do this mini-routine:
1, 2, 5, 7, 8, 9, 10, 11
Approx. 4 minutes