



EASY PLAN

BODY CHART/STRETCHING

YOU CAN'T BE **WEIGHT** CONSCIOUS
YOU MUST BE **FAT** CONSCIOUS!



175 LBS
25%
Body Fat



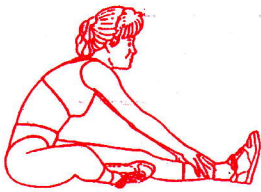
175 LBS
12%
Body Fat



115 LBS
32%
Body Fat



115 LBS
18%
Body Fat



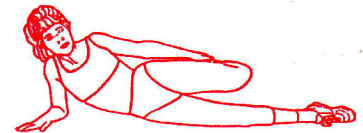
HAMSTRING STRETCH

Sit with one leg in front and opposite leg bent toward the body. Lean the upper body forward until point of tightness and hold.



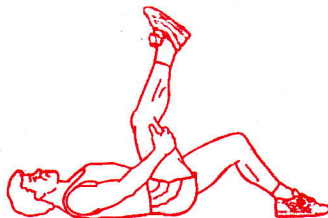
LOW BACK STRETCH

On the back, grasp below the knees and pull thighs in toward the chest, back remaining flat.



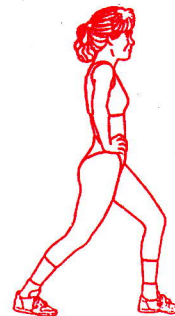
QUADRICEPS STRETCH

Lying on the side, grasp ankle and gently pull toward the buttocks, keeping pelvis stable.



LYING HURDLER STRETCH

On the back, grasp thigh below the knee and pull slowly toward chest, keeping leg straight and opposite leg bent.



CALF STRETCH

Stand with one leg forward, knee bent, the other leg behind. The heel and foot need to remain flat against the floor