

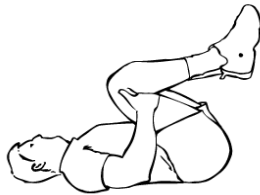
# Destiny Management

Enhancing Lifestyles Through Proven Wellness and Fitness Systems



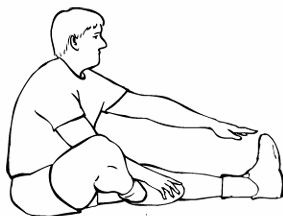
## Abdomen

1. Lying on your back, try to extend your arms and feet as far apart as possible.



## Lower Back

1. Lie flat on your back with your body extended.
2. Bend your knees and slide your feet toward your buttocks.
3. Pull your knees toward your chest, elevating your hips off the floor slightly. Make sure you grasp behind your thighs to prevent hyper flexion of the knees.
4. When finished, extend your legs slowly, one at a time, to prevent possible strain or spasm to the lower back.



## Hamstrings

1. Sit upright keeping the abs tight and back straight.
2. Extend both legs in front of you.
3. Bend your right knee and slide your heel toward your buttocks. Place your right heel against the inner side of your left thigh so that a 90-degree angle is formed between your extended left leg and the bent right leg. Keep the outer side of your right thigh and calf on the floor.
4. Keeping your left leg straight, bend forward at the hips until a slight stretch is felt on the back of the thigh.

## Hip Abductors & Obliques

1. Sit upright with your hands behind your hips for support and your legs extended in front of you.
2. Bend your left knee and cross your left foot over your right leg. Slide your left heel towards your buttocks as far as comfortable.
3. Keeping the abs tight and back straight, reach around your left knee with your right arm.
4. Pull the knee into your right shoulder to feel the stretch on your left hip.
5. Repeat on the other side.



## Hip Adductors

1. Sit upright keeping the abs tight and back straight.
2. Bend your knees and bring the soles of your feet together as you pull them towards your buttocks as far as comfortable.
3. Place your elbows on the inside of both upper legs.
4. Slowly push your knees to the floor until you feel a comfortable stretch on the inner thigh.



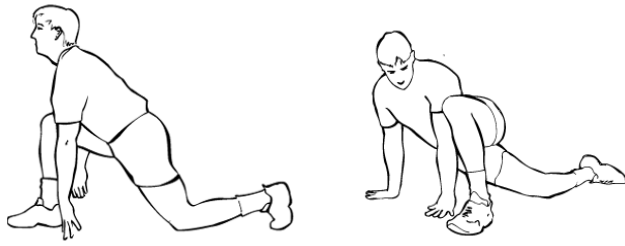
## Deep Pelvic Girdle

1. Sit upright with your legs extended in front of you. Keep your abs tight and back straight.
2. Bend your right knee and slide your heel toward your buttocks. Place your right heel against the inner side of your left thigh so that a 90-degree angle is formed between your extended left leg and the bent right leg.
3. Supporting the knee and ankle, lift the right leg towards your chest until a stretch is felt in the hip/groin area.

For further assistance, or if you have any questions, contact us toll free at 1-877-492-1957 or e-mail [terry.linde@gmail.com](mailto:terry.linde@gmail.com).

[www.destinymgmt.com](http://www.destinymgmt.com)

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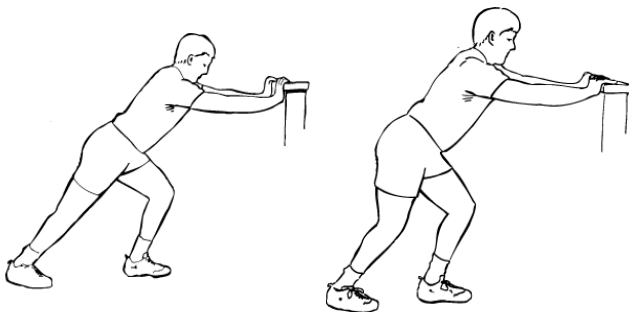
### Hip Flexors & IT Band

1. From a straddle position, move the hips down and forward to feel a stretch on the front of the leg that is extended behind you. Make sure the forward knee does not travel past the toes. If it does, widen your stance.
2. After performing the first step and holding at least 20 seconds, rotate the hips as you shift your weight to the side. Use your arms for support.
3. Repeat on the other side.



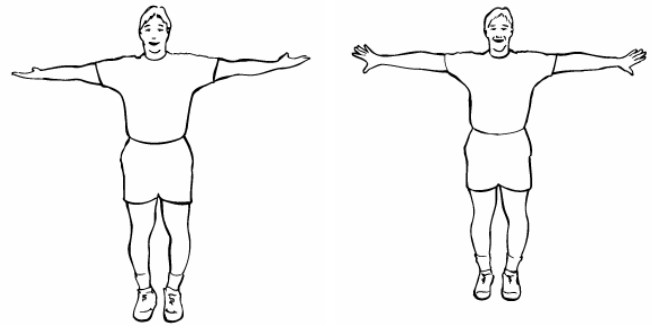
### Quadriceps

1. Either from a standing position or lying on your side, bend one leg and bring the heel toward you buttocks.
2. Swing your arm back to grasp your ankle and pull your heel back without over-compressing the knee.
3. Repeat with the other leg.



### Calf

1. Stand upright facing a wall.
2. Bend one leg forward and keep your back leg straight.
3. Lean against the wall keeping your head, neck, back, pelvis, back leg, and ankle in a straight line.
4. Keeping your rear heel on the ground, move your chest toward the wall and shift your weight forward. Half way through, bend the knee of the rear leg and move it forward slightly so you can keep the heel on the floor.
5. Repeat with the other leg.



### Pectorals, Anterior Deltoids, & Biceps

1. Raise your arms to form the letter "T" (elbows level with your shoulders, perpendicular to your body) with the palms up.
2. Keeping the knees soft and the abs tight, pull the arms back as far as you can to feel a stretch across the chest and shoulders.
3. Half way through, rotate the palms down to emphasize the biceps.



### Shoulder

1. Keeping your shoulder blades down and back, pull one arm across the body.
2. Repeat on the other side.



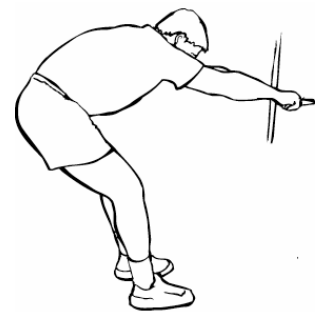
### Shoulder Girdle

1. Bend one arm up behind your back as far as possible.
2. Lift your other arm overhead and bend the elbow so the arm goes behind your head.
3. Try to touch your interlock your fingers.
4. Repeat on the other side.



### Triceps

1. Lift one arm overhead and bend the elbow so the arm goes behind your head.
2. Grasp your elbow with the opposite hand.
3. Pull the elbow behind your head so your hand slides down your back.
4. Repeat on the other side.



### Upper Back

1. Find a stationary object that won't slide.
2. Grab the object with your arms in front of you, knee bent.
3. Lean back, allowing the hips to move back and the shoulder to round forward.
4. Repeat keeping your torso erect to emphasize the mid back.