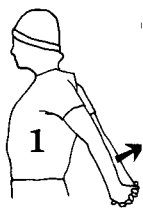


Before and After -- Remember to Stretch After Skiing. It is More Important than Before

Skiing (Cross Country)

from: Bob Anderson "Stretching"

Approximately 12 Minutes



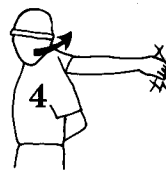
15 seconds



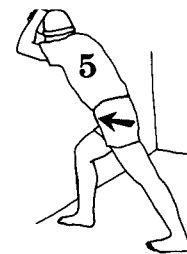
15 seconds
each side



20 seconds



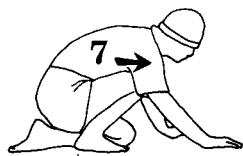
15 seconds
each arm



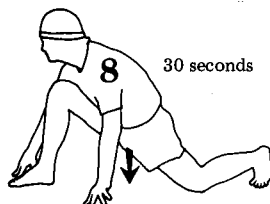
30 seconds
each leg



15 times
each direction



15 seconds



30 seconds

9
Repeat
7 & 8
other leg



30 seconds



25 seconds



5 seconds

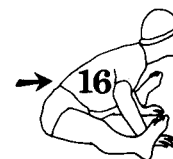


20 seconds

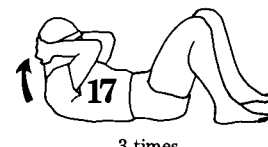


30 seconds
each leg

15
Repeat
11, 12, 13, 14,
other leg



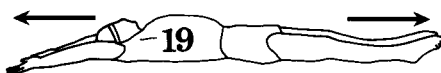
30 seconds



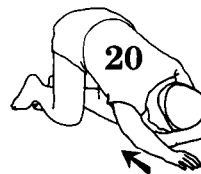
3 times
5 seconds each



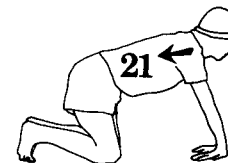
20 seconds
each side



2 times
5 seconds each



10 seconds
each arm



20 seconds