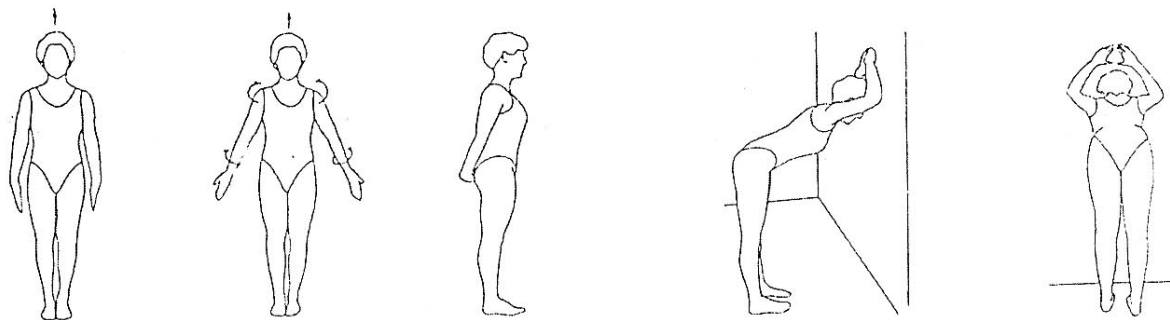
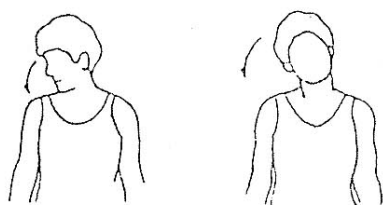


Rancho La Puerta Healthy Backs Hand Out

STANDING CHEST OPENING SERIES



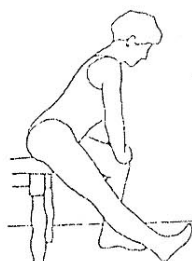
NECK STRETCHES



COMPUTER ERGONOMICS



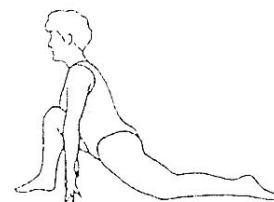
HAMSTRING STRETCHES



HIP STRETCHES



HIP FLEXOR STRETCHES



Rotation Stretches



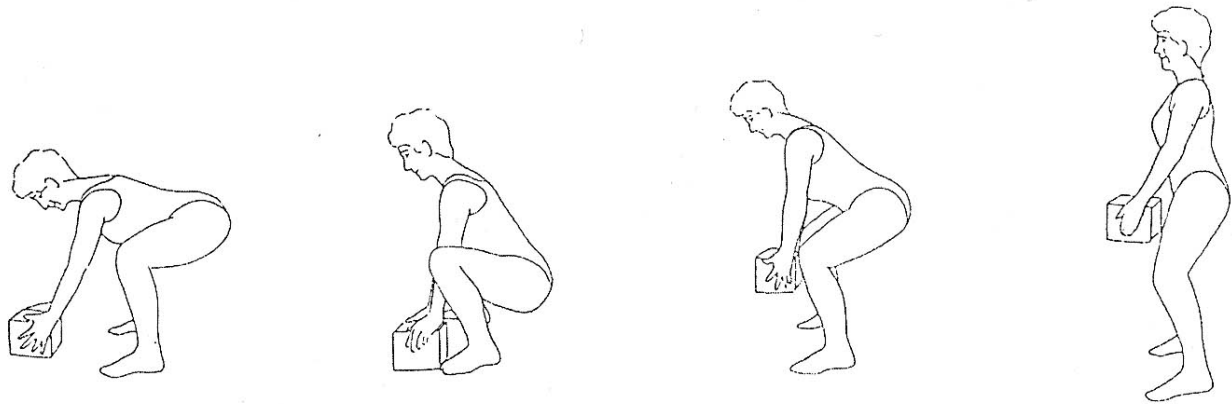
The Bridge



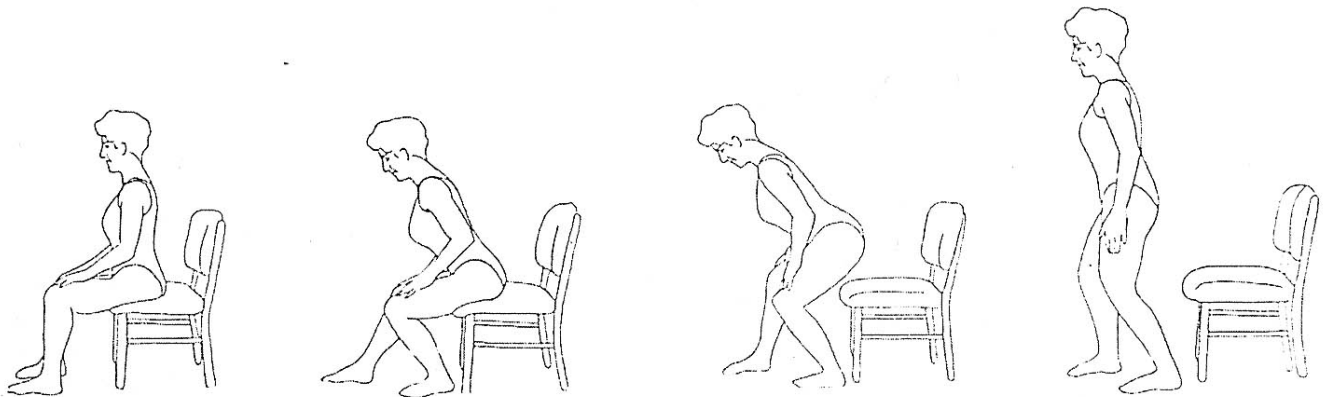
Extension Stretches



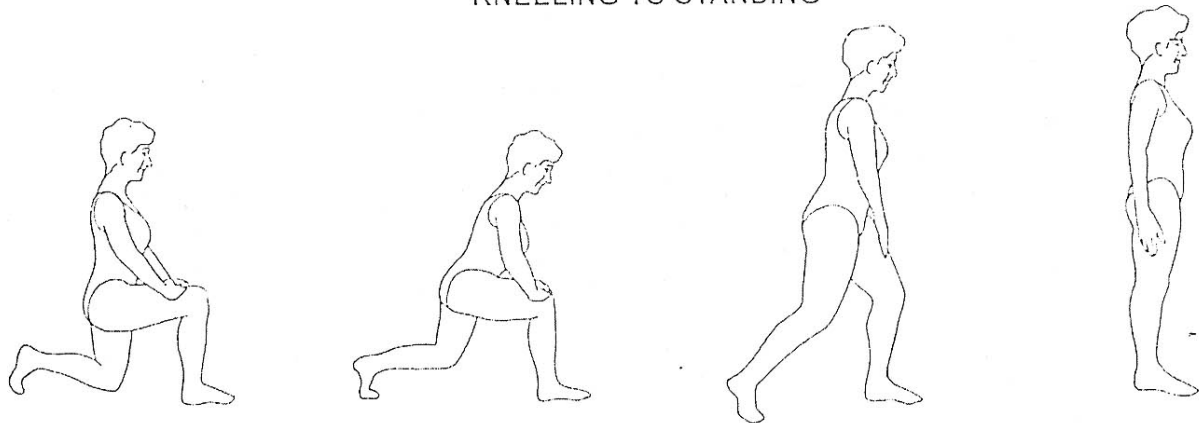
LIFTING TECHNIQUE



SEATED TO STANDING



KNEELING TO STANDING



LYING TO SITTING

