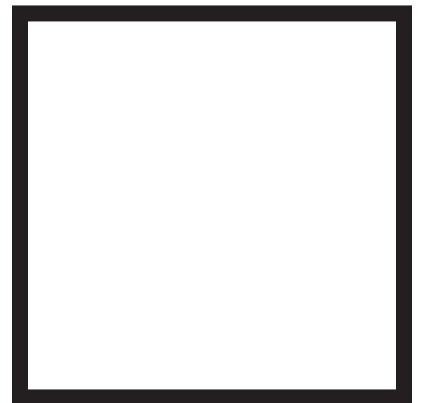
The background features a sunburst pattern of radiating lines in shades of orange and yellow. Six black silhouettes of people are arranged around the central text, each in a different stretching pose: a person at the top in a lunge, a person on the left in a side stretch, a person on the right with arms raised, a person at the bottom left in a side stretch, a person at the bottom right in a leg extension, and a person at the bottom center in a standing balance pose.

MY STRETCH BOOK



**Feet shoulder width.
Arms up and out.**

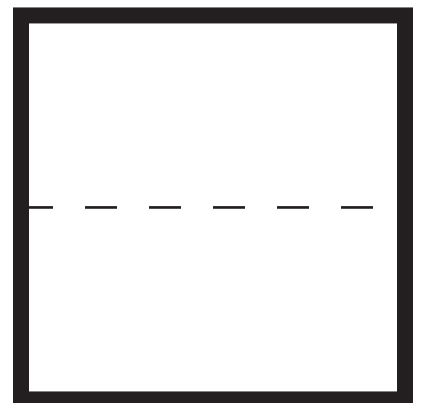




LEANING LEOPARD

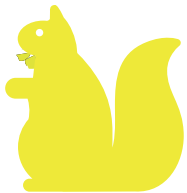


**Feet shoulder width.
Hand on hip.
Arm over head and
stretch.**

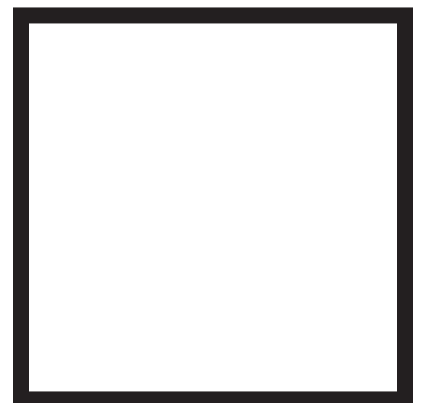




SQUATTING SQUIRREL

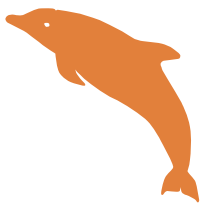


**Squat down.
Arms straight out.**

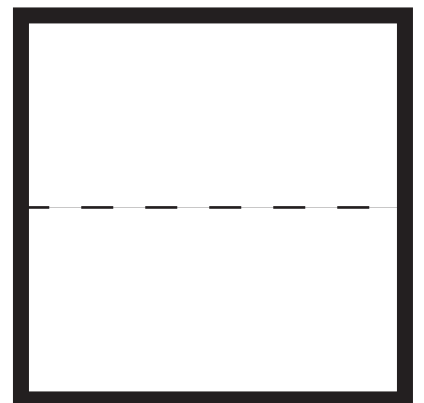


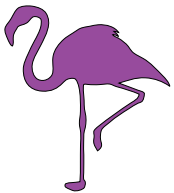


DARING DOLPHIN

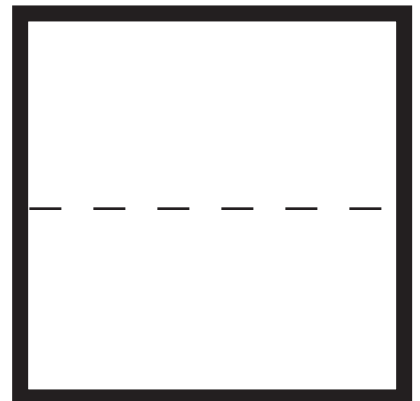


**Arms straight out.
One leg back.
Balance.**



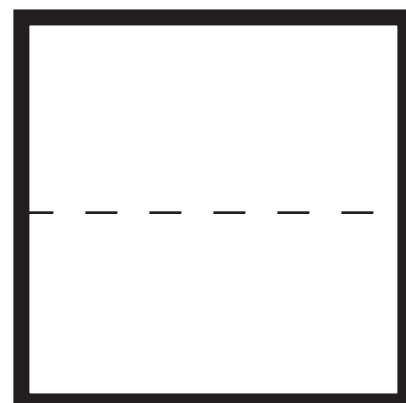


**Grab one leg and lift.
Other arm out.
Stand up straight.**



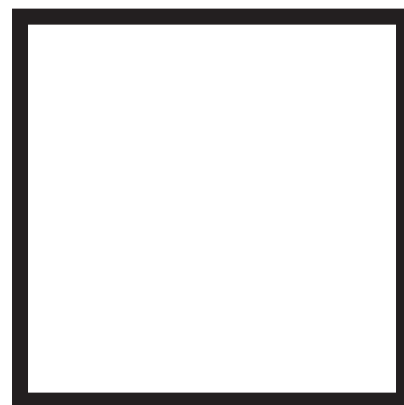


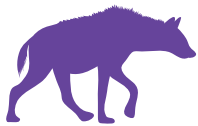
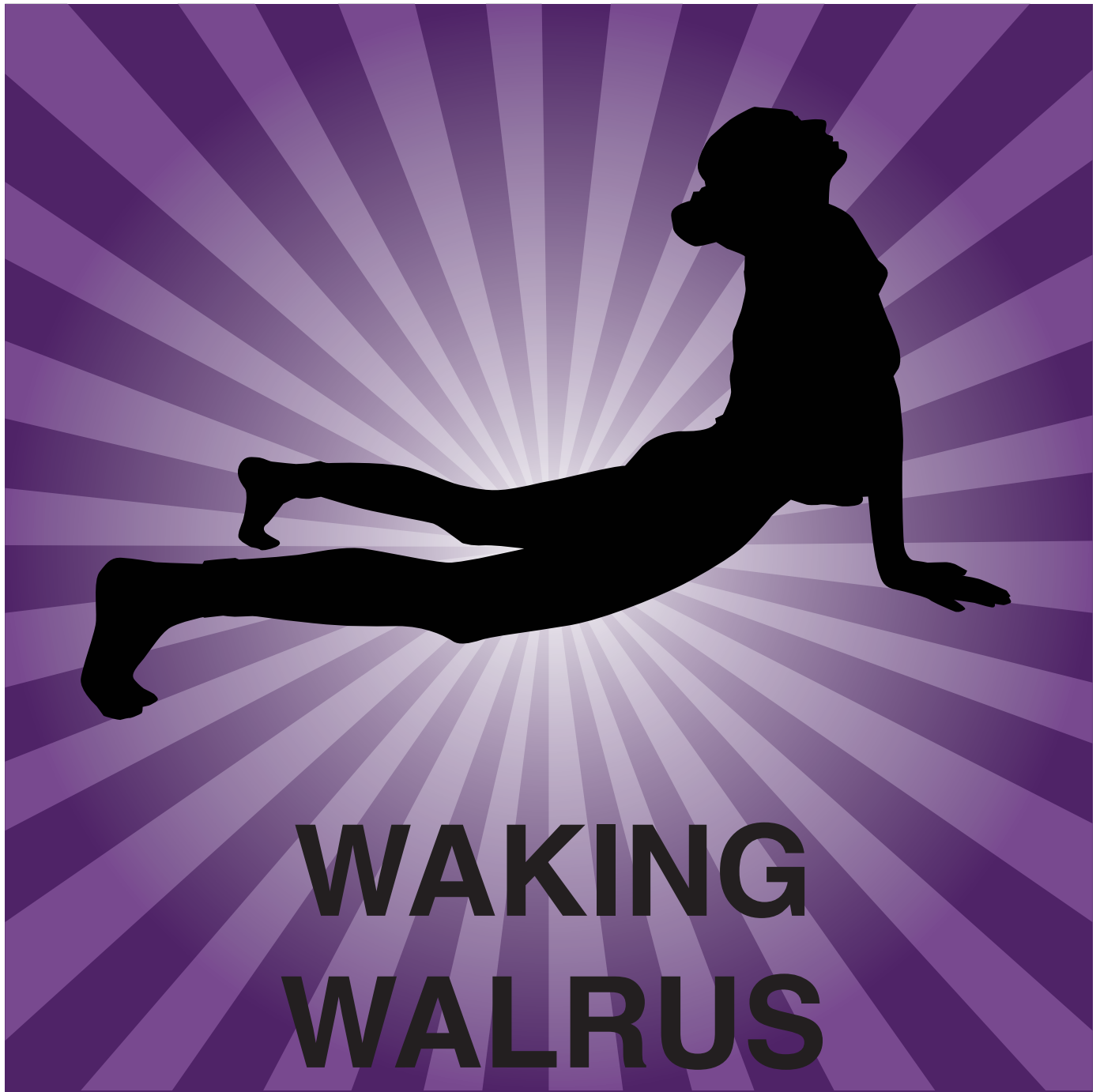
**Hands on hips.
Lift leg to the side.**



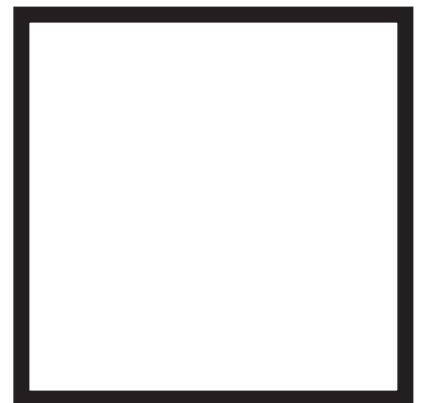


**Sitting down.
Legs tucked in.
Back flat.**





**Lay on stomach.
Puch up with arms.
Feet on floor.**

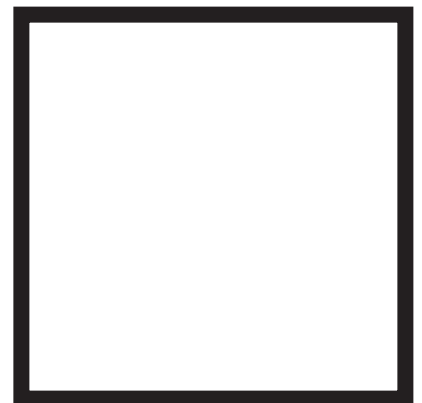


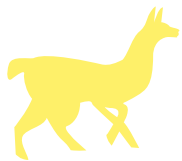


SLEEPY SNAIL



**Sit on floor.
Touch toes.**





**Put leg forward.
Bend back leg.
Stand up straight.**

