

FLEXIBILITY

Back-Saver Sit and Reach

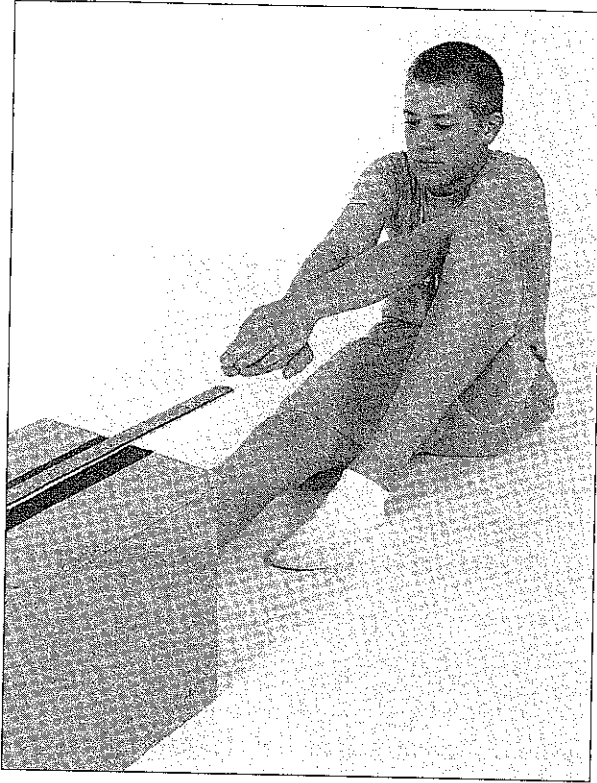


PHOTO 7.15 Starting position for measuring the right side.



PHOTO 7.16 Back-saver sit and reach stretch for the right side.