



Introduction to Active Isolated Stretching for the Upper Body

0:00	Principles of Active Isolated Stretching
0:30	Shoulder Extension
1:00	Shoulder Horizontal Abduction
1:40	Shoulder External Rotation
	<i>2:00 Break</i>
2:15	Cervical Extension
2:45	Front Arm Line
3:15	Back Arm Line
4:00	Final Q & A
4:15	End of Class

Contact Information:

AIS Northwest: aisnw@comcast.net

(360) 738-9800

Joshua Morton: dmgdlmt@yahoo.com

206-992-4029

www.aisnorthwest.com