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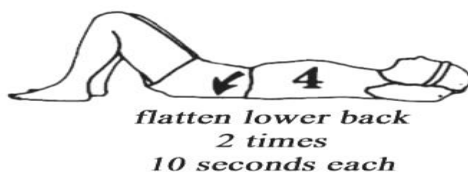
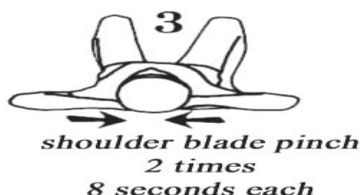
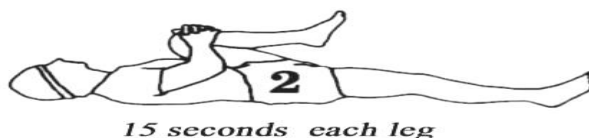
These stretches are designed to release tension from the major and minor muscles of the body. Below are things to expect by following the basic 11 step stretching routine:

- Increased Range of Motion of Surrounding Joints
- Increased Blood Circulation to Various Parts of the Body
- Increased Overall Energy Level
- Enhanced Muscular Coordination

The entire routine should take approximately 5 minutes to complete.

For **best results** do them every night just before going to sleep.

*If the stretch is painful, do not do it. Do not over stretch.*



"If I knew I'd live this long, I would have taken better care of myself."

-Mickey Mantle