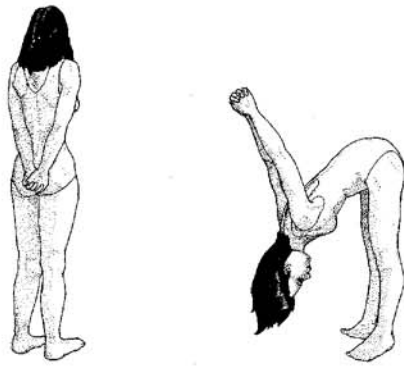


1

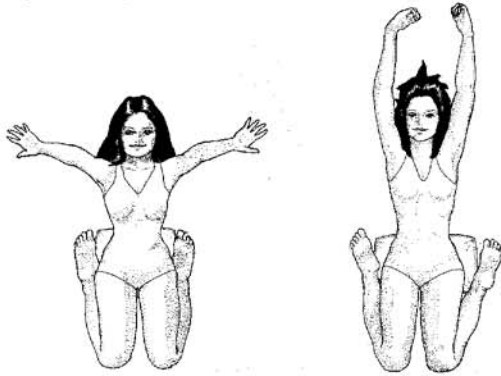


(a) starting position

(b) extension

**Trunk Bend**

*This exercise stimulates the lung and large intestine meridians, which run along the outside of the arm and hand.*



(a) viewed from above; arms used for support

(b) viewed from above; arms overhead

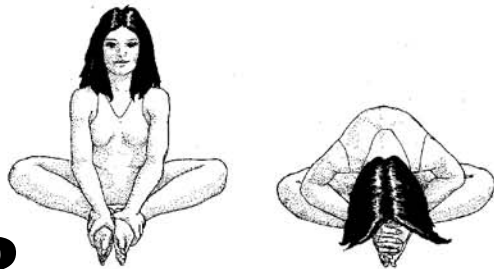


(c) side view

**Front Body Stretch**

*This exercise stimulates the stomach meridian and the spleen-pancreas meridian. The stomach meridian runs up the front of the leg, across the torso, ending on the face, and the spleen/pancreas meridian runs up the inside of the leg and over the chest, ending under the arm.*

2



(a) starting position

(b) extension

**Open Leg Bend**

*This exercise stimulates the heart and small intestine meridians. The heart meridian runs up the arm, ending under the armpit, and the small intestine meridian runs up the back of the arm, ending on the face.*

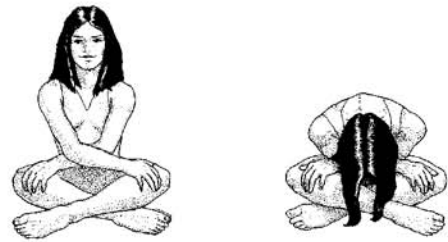
4



**Double Leg Stretch**

*This exercise stimulates the kidney and bladder meridians. The kidney meridian runs up the back of the leg and around the body, ending on the chest. The bladder meridian runs down the back of the torso and leg.*

5



(a) starting position

(b) extension

**Crossover Bend**

*This exercise stimulates the two comprehensive circulatory meridians, which are known as the triple heater (TH) and the governing vessel (GV). The TH runs along the middle of the inside and outside of the arm; the GV passes up and down the front and back of the torso from the groin to the buttocks.*

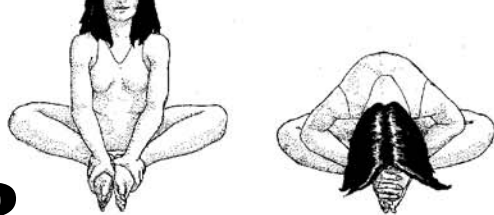
6



**Alternate Leg Stretch**

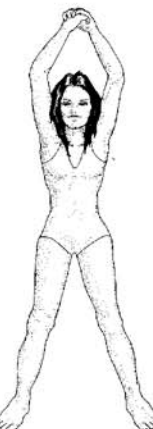
*This exercise stimulates the liver and gall bladder meridians. The liver meridian runs along the inside of the leg to the torso. The gall bladder meridian passes along the leg, over the torso, under the arm from front to back, and over the shoulder, extending up to the temple.*

3



(a) starting position

(b) extension



(a) starting position



(c) twisting

7

**Side Stretch**

*This exercise stimulates many of the meridians simultaneously.*