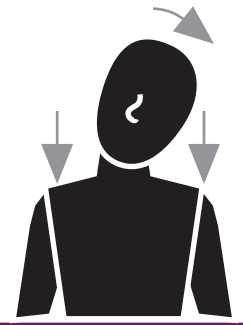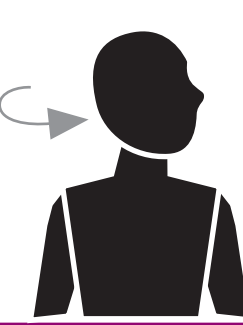# 1 Neck

Slowly tilt head to side.
Press shoulders down.
Hold.
Return head to center.

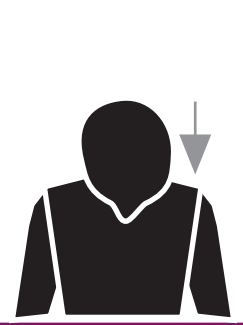REPEAT 2 TIMES EACH SIDE

2 Neck

Slowly turn chin over shoulder.
Hold.
Return head to center.
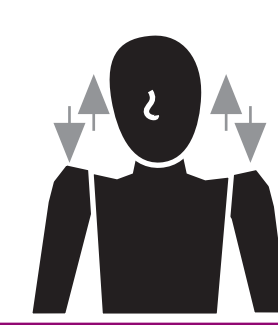
REPEAT 2 TIMES EACH SIDE

3 Neck

Slowly lower chin down.
Press shoulders down.
Hold.
Return head to center.

REPEAT 2 TIMES

4 Neck

Lift both shoulders up.
Hold.
Press both shoulders down.
Hold.

REPEAT 5 TIMES

5 Shoulders

Rotate both shoulders in full range of motion in circular direction.
Forward and backward.

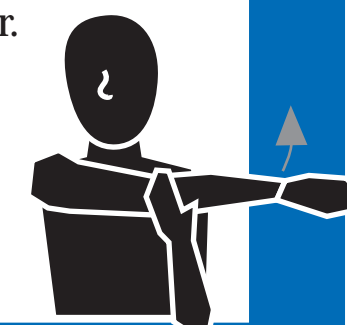EACH DIRECTION ROTATE 5 TIMES

6 Shoulders

Arms extended to sides.
Do large arm circles.
Forward and backward.

EACH DIRECTION CIRCLE 5 TIMES

7 Shoulders

Cross straight arm over body.
Gently pull upper arm between elbow and shoulder with opposite hand to opposite shoulder.
Hold.

HOLD EACH SIDE FOR 30 SECONDS

STRETCH

8 Side

Feet shoulder width apart
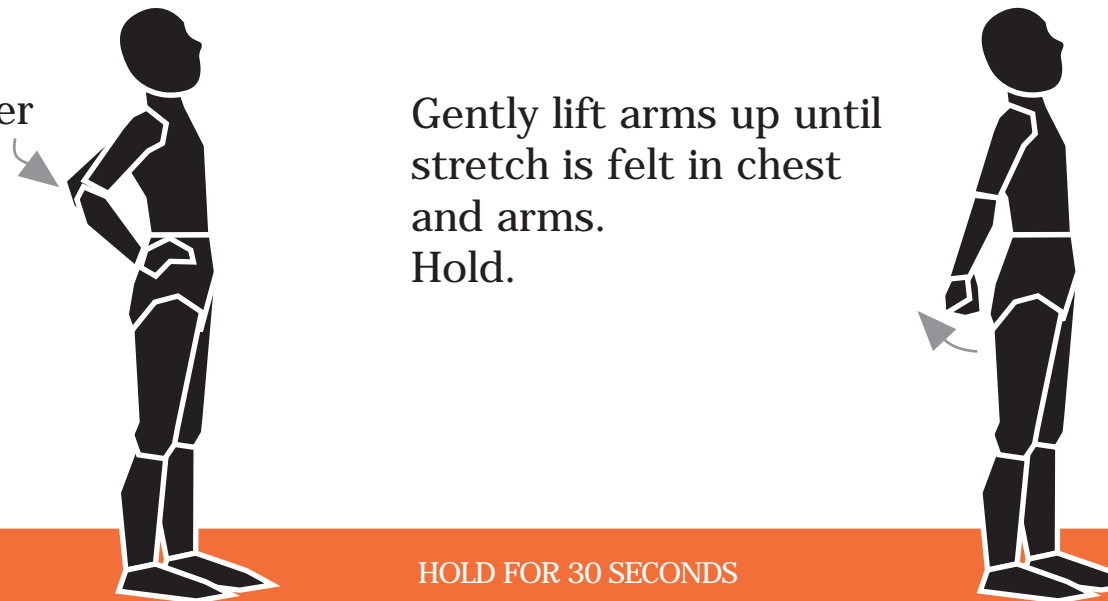Knees slightly flexed

Reach overhead.
Hold.

HOLD EACH SIDE FOR 30 SECONDS

9 Chest
CHOOSE EITHER POSITION

Place hands on hips
Keep chest and chin up

Press elbows together behind back.
Hold.

HOLD FOR 30 SECONDS

Clasp hands together behind back

Gently lift arms up until stretch is felt in chest and arms.
Hold.

HOLD FOR 30 SECONDS

ABOUT STRETCHING

Always stretch before and after exercise.

Warm up or cool down is recommended before stretching.

Only stretch to the point of mild tension.

Breathe naturally while stretching.

Hold stretch 15 to 30 seconds.

Stretching can prevent injury, improve flexibility and relax your body.

1 Quadriceps
CHOOSE EITHER POSITION

Standing, knees flexed

Bring foot behind, hold above ankle.
Keep body in straight line.
Gently pull heel up.
Hold.

HOLD EACH SIDE FOR 30 SECONDS

Lie on side
Rest head on arm
Knees flexed

Hold ankle of top leg.
Slowly pull heel back.
Hold.

HOLD EACH SIDE FOR 30 SECONDS

11 Hamstring
CHOOSE EITHER POSITION

Standing extend one leg in front
Heel up on floor

Bend supporting knee.
Lower hips into sitting position.
Lean forward (keeping back straight).
Hold.

HOLD EACH SIDE FOR 30 SECONDS

Lie on back
Lift leg up
Keep head on mat
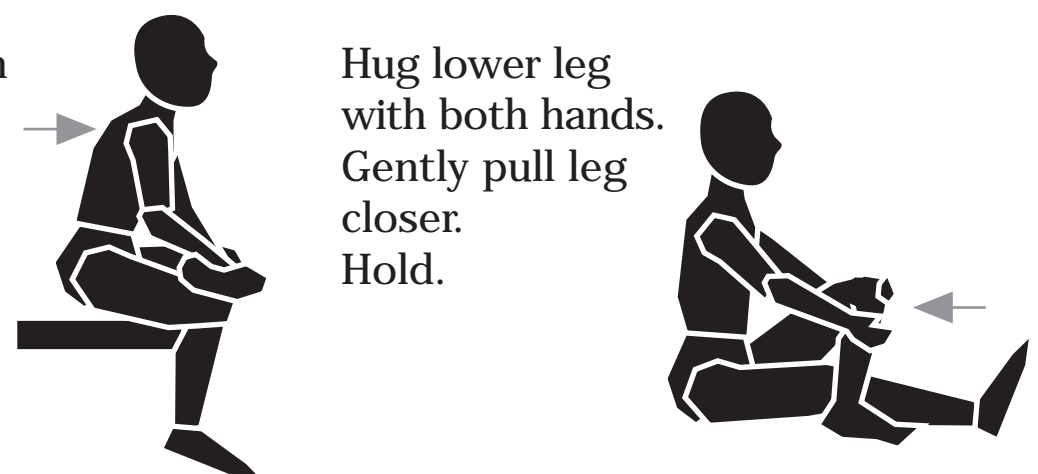
Hold behind knee.
Slowly pull leg toward chest.
Hold.

HOLD EACH SIDE FOR 30 SECONDS

1 Gluteus
CHOOSE EITHER POSITION

Sitting on bench, cross one leg over other

Hug lower leg with both hands.
Lean slightly forward.
Hold.

HOLD EACH SIDE FOR 30 SECONDS

Sit on mat
Cross leg over
Place foot next to opposite knee

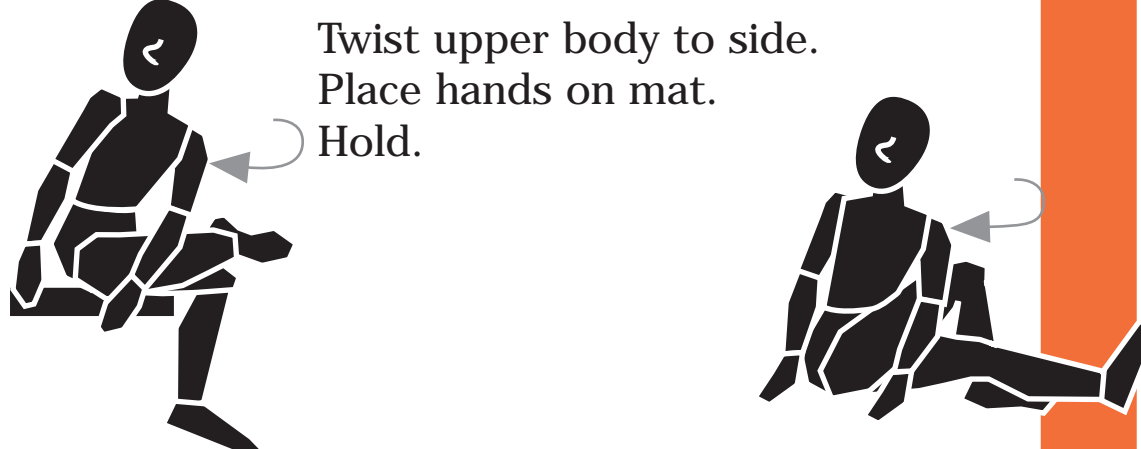Hug lower leg with both hands.
Gently pull leg closer.
Hold.

HOLD EACH SIDE FOR 30 SECONDS

1 Back
CHOOSE EITHER POSITION

Sitting on bench, cross one leg over other

Twist upper body to side.
Place hands on side.
Hold.

HOLD EACH SIDE FOR 30 SECONDS

Sit on mat
Cross leg over
Place foot next to opposite knee

Twist upper body to side.
Place hands on mat.
Hold.

HOLD EACH SIDE FOR 30 SECONDS

1 Lower back
CHOOSE ANY POSITION

Standing, feet shoulder width or wider
Knees flexed,
toes pointing forward
Hands on mid-thigh

Turn shoulder to opposite side.
Hold.
Slowly turn back.

HOLD EACH SIDE FOR 30 SECONDS

Sit on mat cross-legged

Slowly slide hands forward.
Hold, then relax.

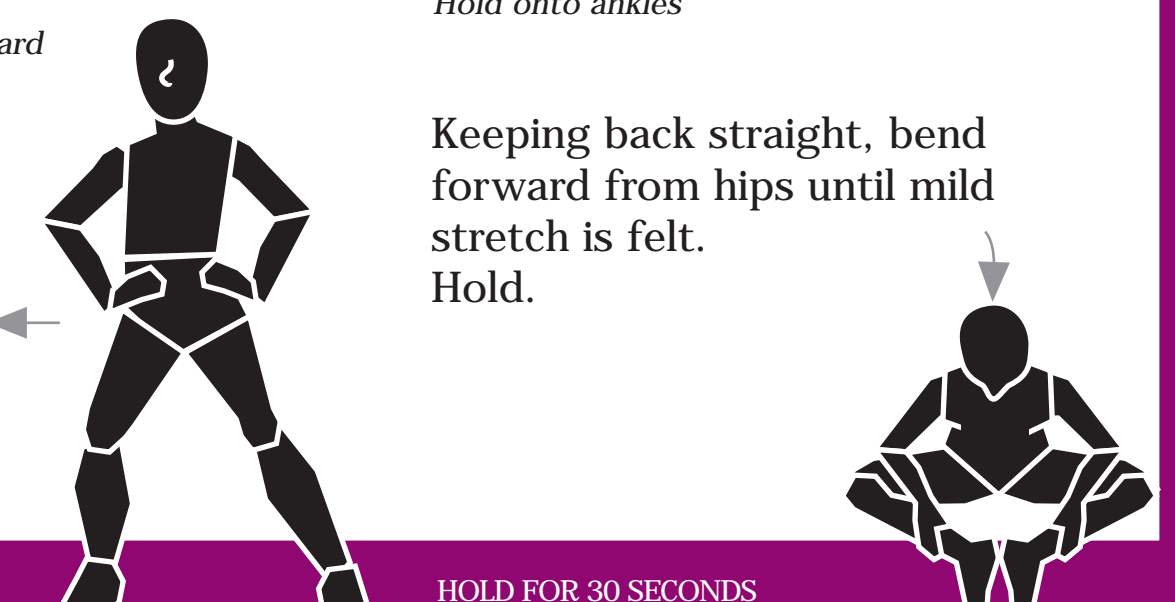HOLD FOR 30 SECONDS

Lie on back

Pull both knees to chest.
Hold.

HOLD FOR 30 SECONDS

1 Inner Thigh
CHOOSE EITHER POSITION

Standing,
feet shoulder width or wider
Knees flexed over ankles,
toes pointing slightly outward

Lunge to side.
Hold.

HOLD EACH SIDE FOR 30 SECONDS

Sit on mat
Put soles of feet together
Hold onto ankles

Keeping back straight, bend forward from hips until mild stretch is felt.
Hold.

HOLD FOR 30 SECONDS

1 Calf

Standing in a forward lunge position
Front knee over ankle,
both toes pointing forward

Press heels to floor.
Move hips forward, bending front knee further.
Hold.

HOLD EACH SIDE FOR 30 SECONDS

1 Achilles

Standing, knees flexed,
heels on floor
One foot slightly in front of other

Lower hips downward until a slight feeling of stretch.
Hold.

HOLD EACH SIDE FOR 30 SECONDS

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