



STRETCHING GUIDE

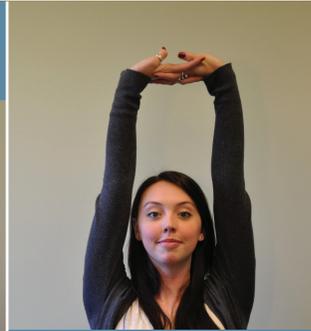
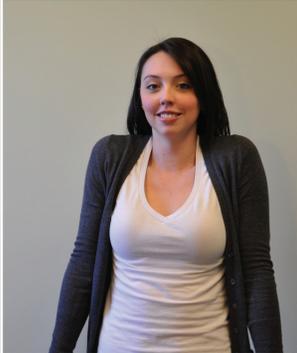


NECK: Tilt head forward and bring chin to chest. Hold for ten seconds and relax.



NECK: Reach right arm out to the side, palm facing forward. Look to left shoulder and hold for ten seconds. Repeat on opposite side.

SHOULDERS: Raise shoulders to ears. Hold for ten seconds and relax down.



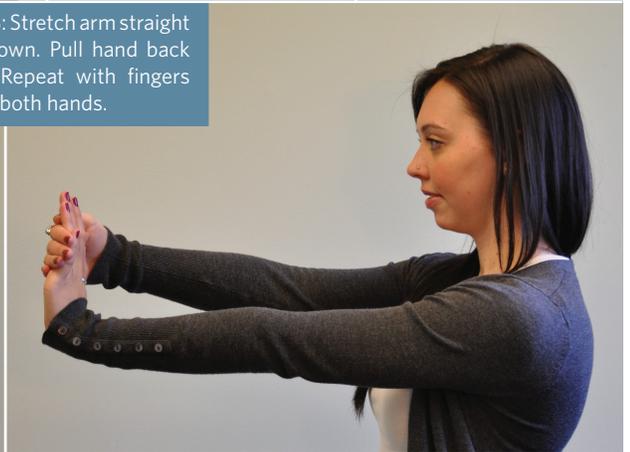
UPPER BODY: Interlace fingers and reach above with palms facing ceiling. Hold for ten seconds and relax arms down.

upper body

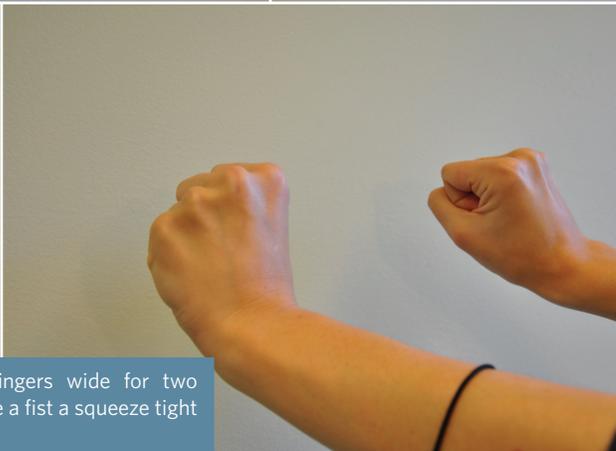
wrists



FOREARM/WRISTS: Stretch arm straight and point fingers down. Pull hand back for added stretch. Repeat with fingers pointing up. Stretch both hands.



HANDS: Spread fingers wide for two seconds, then make a fist a squeeze tight for two seconds.



hands

back & legs

BACK: Sit on edge of chair and gently reach for toes. Hold for ten seconds in a comfortable stretch and relax.



UPPER BACK: Clasp hands behind head with elbows out to side. Focus on bringing shoulder blades closer together. Hold for ten seconds and relax.



HAMSTRING: Pull knee into chest and hold for ten seconds. Repeat on opposite side.

GLUTEUS: Cross right leg over the left knee and gently pull knee to chest. Hold for ten seconds and repeat on opposite side.

