



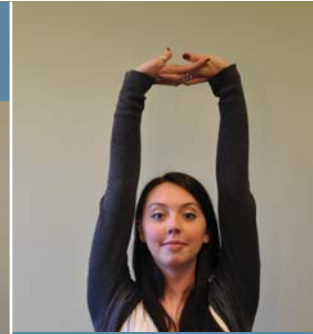
# STRETCHING GUIDE



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



**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.

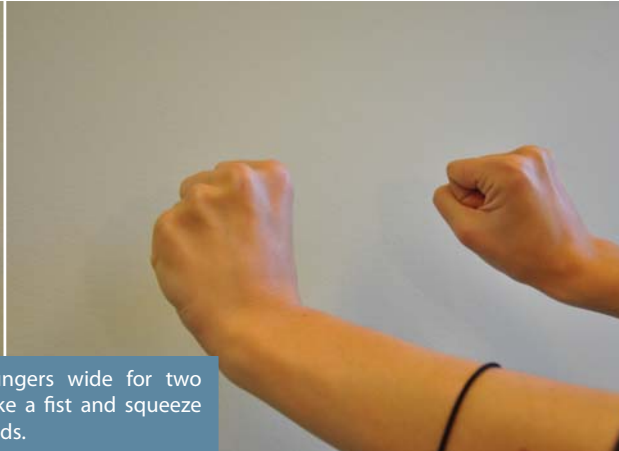
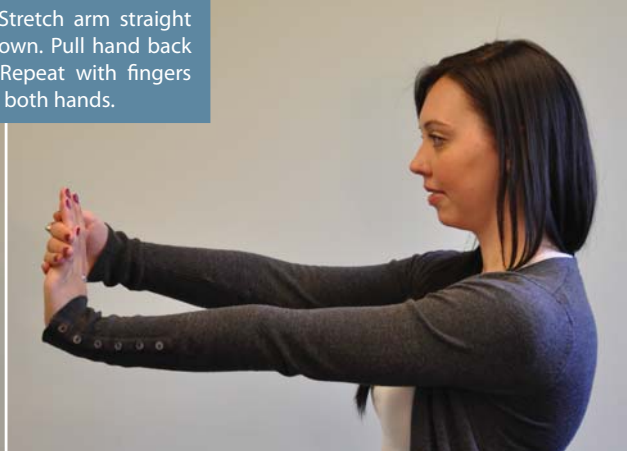
## upper body

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

## 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 and 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.

