

Do the stretch at your own individual rate and ability. Remember, you are not competing. Stretch to the point of comfortable tension. Do not strain or bounce when stretching.

Important: If you have questions about your ability to perform any stretch, consult your physician.

UPPER BODY STRETCHES

SHOULDER SHRUG



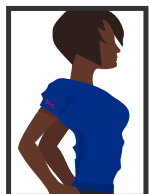
- ▶ Look straight ahead with arms relaxed at your sides.
- ▶ Lift shoulders up toward your ears.
- ▶ Roll shoulders back as you return them to their natural position.

NECK STRETCH



- ▶ Look straight ahead, arms at your sides.
- ▶ Drop your left ear toward your left shoulder. Don't raise your shoulder.
- ▶ Take a deep breath, count to three & exhale.
- ▶ Return your head to an upright position. Don't roll your head forward or backward.
- ▶ Repeat exercise on opposite side.

BACK EXTENSION



- ▶ Stand upright with feet shoulder-width apart.
- ▶ Place both hands on the small of your back.
- ▶ Lift your rib cage arching your back.
- ▶ Take a deep breath, count to three & exhale.
- ▶ Do not tip your head back.

SHOULDER STRETCH



- ▶ Stand upright with your feet shoulder-width apart.
- ▶ Clasp your hands behind your back.
- ▶ Raise clasped hands, bending your elbows slightly until you feel a stretch.
- ▶ Don't bend your body forward during the stretch.
- ▶ Take a deep breath, count to three & exhale.

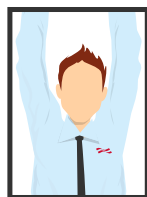
MID-BODY STRETCHES

WRIST CURL STRETCH



- ▶ With arms at your sides & your knuckles forward, make loose fists.
- ▶ Curl fists in the direction of your elbows.
- ▶ Take a deep breath, count to three & exhale.

REACH HIGH



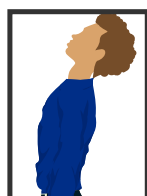
- ▶ Stand up straight with your feet shoulder-width apart.
- ▶ Stretch your arms over your head as high as you can.
- ▶ Spread your fingers.
- ▶ Take a deep breath, count to three & exhale.

REACHING LATERAL SIDE STRETCH



- ▶ Stand upright with your feet shoulder-width apart & place your left hand across your waist.
- ▶ Reach overhead with right arm.
- ▶ Bend slightly to the left, letting the weight of your right arm create the stretch.
- ▶ Take a deep breath, count to three, exhale.
- ▶ Repeat exercise on opposite side.

LOWER SPINE & ABDOMINAL STRETCH



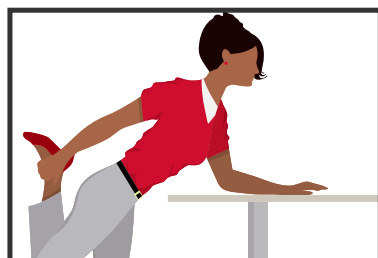
- ▶ Stand with your feet shoulder-width apart.
- ▶ Bend down, putting your hands on your slightly bent knees.
- ▶ Look up pointing your chin at the ceiling, creating an arch in your back.
- ▶ Take a deep breath. As you exhale, count to three, tuck your chin into your chest & round your back.

LOWER BODY STRETCHES



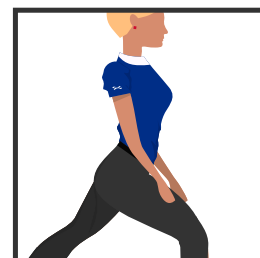
HAMSTRING

- ▶ Stand up straight, with your feet slightly apart. Slightly bend your left leg, putting hands on your left knee.
- ▶ Extend your right leg, keeping your heel on the floor. Look straight ahead.
- ▶ Increase stretch by bending your left knee more & pointing the toes of your right leg toward your chin.
- ▶ Take a deep breath, count to three, exhale & repeat exercise on opposite side.



QUAD

- ▶ Stand up straight with your feet slightly apart.
- ▶ Extend your left arm or use a desk for balance.
- ▶ Grasp your right ankle with your right hand & pull up toward your back.
- ▶ Keep your body in good alignment with your knees fairly close together.
- ▶ Take a deep breath, count to three, exhale & repeat exercise on opposite side.



CALF

- ▶ Stand up straight with your feet slightly apart.
- ▶ Step forward with your left foot. Bend & put both hands on your left knee.
- ▶ Bend your right leg, leaning slightly forward & keeping both feet flat on the floor.
- ▶ Take a deep breath, count to three, exhale & repeat exercise on opposite side.