

# Stretching Guide

## Remember to:

- Warm up before stretching
- Hold each stretch for at least 30 seconds
- Stretch both right and left
- Breath & Enjoy

## Shoulders & Neck

### Shoulder Shrugs

- Move shoulders in a semicircle: up, back, down



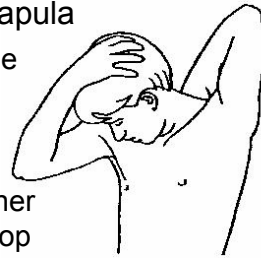
### Upper Trapezius

- Reach one hand behind back
- Hold top of head with other hand
- Tilt head to the side



### Levator Scapula

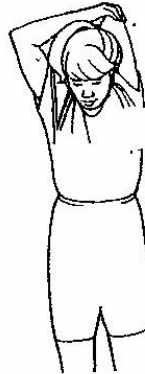
- Place one hand on shoulder blade
- Place other hand on top of head
- Tilt head down



## Chest & Arms

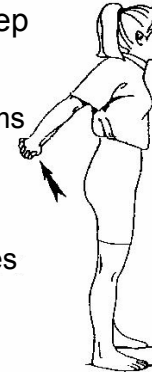
### Tricep

- Place one hand between shoulder blades
- Gently pull on elbow



### Chest and Bicep

- Lace fingers and press palms of hands together
- Squeeze shoulder blades together
- Lift arms



### Wrist Extensor And Flexor

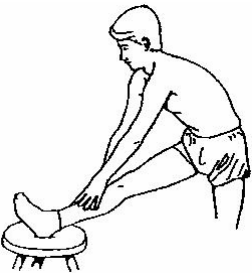
- Keep elbow straight
- Pull fingers with opposite hand



## Legs

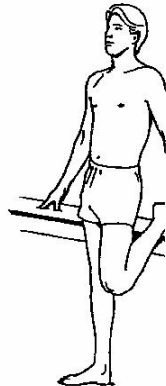
### Hamstring

- Reach out, above toes
- Keep head up



### Quadricep

- Pull heel toward buttock
- Keep knees together
- Press hip forward



## Back

### Standing and Sitting Lower Back

- Standing – lift up and back with chest
- Sitting – let top of head fall to floor

