



Basic Full Body Stretching Program

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Hold each stretch for 30-60 secs. Complete 3-5 Circuits of Stretching



QUADS— Grab your ankle and lift your foot towards your rear end; keep support leg bent at your knee; knees side by side



HAMS—Bend over and try to touch fingers to the ground; chin up; chest first; arms straight with palms facing forward; keep legs straight



HAMS, GLUTES & OUTER THIGHS— Holding a pole or railing for support or counter at home, cross one leg over your knee and sit; knee of support leg should stay aligned over ankle joint



LATS— Holding a pole or railing for support or counter at home; lean back into your rear end; hands should be slightly higher than head in declined position; tuck head between arms



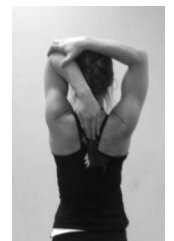
CHEST— Place your arm in an “L” position (90 degree flexion) on a door frame; push your shoulder forward and out or walk toes outwards (clockwise or counterclockwise, depending on arm being stretched)



CALF— Place the toes of your foot up high on a wall or doorframe; press body forward chest first, then hips; keep body flat like a board



BICEPS— Place your straight arm on a door frame; push your shoulder forward and out or walk toes outwards (clockwise or counterclockwise, depending on arm being stretched); 3 positions: palm flat, palm up, palm down



TRICEPS— Place your arm overhead; bend at elbow (scratch back); grab elbow with opposite hand; pull elbow down towards back & towards head



SHOULDERS— Reach your arm across your chest; Place forearm in the crook of the left elbow or hold by shoulder; pull arm toward your chest