

Forearm Stretch

- Arms to front parallel to ground
- Back of wrists touching
- Move fingers toward elbows



Shoulder Stretch

- Place fingers on back of neck
- No pressure on neck
- Move elbows backward



3-Point Shrug Stretch

- Arms to sides-lift shoulders up-hold
- While up, move shoulders back-hold
- Move shoulders down – hold



Chest Stretch

- Place hands on lower hips/buttocks
- Move shoulders and elbows back



Neck-Shoulder Stretch

- Place hands behind back and grasp wrist
- Tilt head to left and pull wrist in same direction
- Tilt head to right and pull wrist in same direction



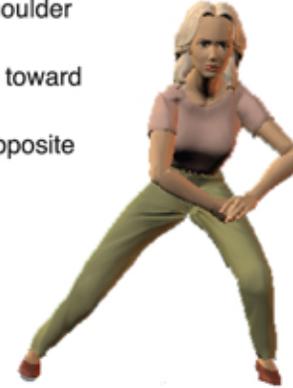
Triceps Stretch

- Place right hand between shoulder blades
- Lightly grasp elbow with opposite hand and pull up gently
- Repeat on opposite side



Inner Thigh Stretch

- Hands on hips and legs slightly more than shoulder width apart
- Move left hip toward right leg
- Repeat on opposite side



Calf Stretch

- Stand with one foot in front of the other-hands on hips
- Front knee slightly bent and toes flat on the floor-back leg fairly straight
- Slowly press the hips backwards and lower towards the floor
- Keep weight on back leg



Hamstring Stretch

(If you have any medical problems with a knee or hip– do not do this stretch)

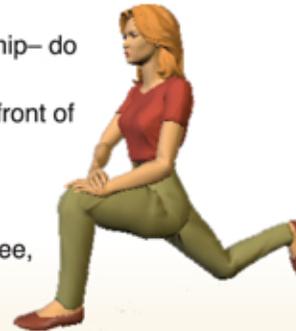
- Stand with one foot in front of the other
- Keep the front leg straight with toes off the floor
- Bending opposite knee, slowly press the hips backwards and lower towards floor
- Keep weight on back leg



(Optional) Quad Stretch

(If you have any medical problems with a knee or hip– do not do this stretch)

- Stand with one foot in front of the other
- Gently kneel down on one knee
- With hands on front knee, move hips forward



Warm Up:

Heat muscles through large muscle group rhythmic activity

- Step side to side
- Add shoulder shrug motion, stepping side to side
- Bench press motion, stepping side to side
- Incline press motion, stepping side to side
- Overhead press motion, stepping side to side

Stretching Principles

- Concentrate on target muscles
- Move slowly in and out of stretch 2-3 seconds
- Hold 10-30 seconds at gentle stretch (no bouncing)
- Keep breathing during the stretch
- Emphasize relaxation
- If there is any pain or an increase in muscle tension, slowly back out of the stretch
- Wear stable footwear-no high heels
- Any problems with musculoskeletal system, don't do