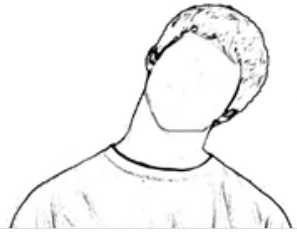


Stretching ROUTINE ONE

Neck Side Stretch



Look straight ahead, arms at sides
Tip head to side to lay ear on shoulder
Hold for count of 3
Return to neutral
Repeat on other side
Repeat sequence 2 times

Shoulder Shrug



Shrug shoulders up to the ears
Hold for count of 3
Relax
Repeat 2 times

Elbow Pull



Place hands on back of neck
Pull elbows back, squeeze shoulder blades together
Hold for count of 3
Relax arms/shoulder
Repeat 2 times

Wrist/Elbow Flex – Arm Down



Extend arm down to side
With elbow straight, bend wrist down to stretch, make a fist
Hold for count of 3
Relax
Repeat on other side.
Repeat sequence 2 times

Wrist/Elbow Extend – Arm Down



Extend arm down to side
With elbow straight, bend wrist up to stretch
Hold for count of 3
Relax
Repeat on other side.
Repeat sequence 2 times

Large Arm Circles



Place arms in front
Cross wrists
Make big arm circles as you can - breath in on the way up and out on the way down
Go 3 times in one direction
Relax arms to sides
Repeat 3 times in other direction

High Reach Both Hands



Start in neutral position with arms at sides
Take a deep breathe and reach arms to ceiling
Stretch it out
Hold at top for count of 3
Exhale and return to neutral position
Repeat 2 times

Back Bend



Start in neutral position
Place hands on belt line
Bend backward.
Let head naturally follow shoulders.
Hold for a count of 3
Return to neutral position
Repeat 2 times

Ankle Circles



Use support for balance
Circle ankle 5 times each way.
Repeat with other ankle

