

# Stretching ROUTINE TWO

## Neck Side Arm Behind



Place arm behind back, pull down on hand with other hand/arm  
Tip head to side to lay ear on shoulder  
Hold for count of 3  
Return to neutral  
Repeat on the other side  
Repeat sequence 2 times

## Shoulder Roll



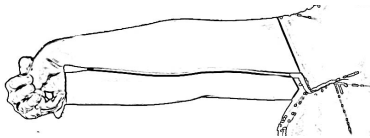
Roll shoulders 3 times in one direction, make small circles  
Relax shoulders  
Repeat sequence in other direction

## Elbow Pull – Hands Up



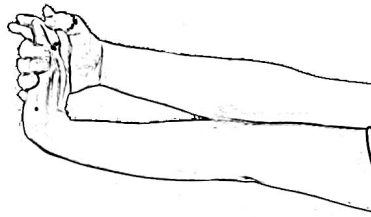
Place arms in “Stick’em up” position  
Hold for count of 3  
Relax arms to sides  
Repeat 2 times

## Wrist/Elbow Flex – Arm Out



Extend arm out to front  
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 Out



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

## High Reach Fingers Laced



Start in neutral position with arms at sides  
Interlock fingers, take a deep breath and reach arms to ceiling  
Stretch it out  
Hold at top for count of 2  
Exhale and return to neutral position  
Repeat 2 times

## Rotation Hug



Start in neutral position with arms at sides  
Swing one arm to front and one arm to back as you rotate your trunk  
Hold for count of 3  
Return to neutral  
Repeat to other side  
Repeat sequence 2 times

## Hamstring Floor



Place leg forward with heel on floor  
With hands on hips, keep head and shoulders upright  
Bend opposite knee to lower hips and stretch behind knee  
Hold for count of 3  
Return to neutral  
Repeat 2 times  
Switch legs and repeat sequence

## Power Squat



Stand with feet wider than shoulders  
Place hands on knees  
Keep head and shoulders up  
Drop hips and bend knees keeping heels flat on the floor.  
Go as low as comfortable.  
Repeat 2 times