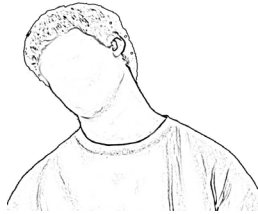


Stretching ROUTINE THREE

Neck Rotation



Rotate head/neck to one side, hold for count of 3
 Rotate head to middle, look down
 Rotate head to other side, look down, hold for count of 3
 Repeat sequence 2 times

Elbow Pull Behind Back



Interlock fingers behind back
 Pull elbows together
 Hold for count of 3
 Repeat 2 times

Pat Back



Raise one arm with elbow pointed ceiling
 Use other hand to pull elbow backward
 Hold for count of 3
 Switch arms
 Repeat 2 times

Open Close Hand



Start with arms/hands in front of body
 Open hands to spread fingers as wide as possible
 Hold for count of 3
 Close hands to make fists
 Hold for count of 3
 Relax hands
 Repeat 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

Side Stretch Arms Overhead



Start in neutral position with arms at sides
 Interlock fingers, reach arms to ceiling
 Bend to one side
 Hold for count of 3
 Repeat to other side
 Repeat sequence 2 times

Heel Cord



Place one foot behind the other with both feet pointed straight ahead
 Keep the heel of the back foot flat
 Keep the head and shoulders upright, bend the front knee
 Hold for a count of 3
 Repeat 2 times
 Switch legs and repeat sequence

Slump



Start in neutral position with arms at sides
 Allow your back to bend to reach to the floor
 Hold for count of 3
BEND YOUR KNEES and return to neutral
 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