

TOTAL BODY STRETCH



OVERHEAD ARM STRETCH

Stand with your feet shoulder-width apart. Relax your shoulders, then interlace your fingers in front with your palms facing out. Slowly lift your arms up toward the ceiling. Hold the stretch for 15-30 seconds and repeat 3-5 times.



CHEST STRETCH

Stand with your feet shoulder-width apart. Roll your shoulders down and back, then interlace your fingers behind your back, palms facing up. Slowly lift your hands until you feel a slight tension. Keep shoulders back and posture straight. Hold the stretch for 15-30 seconds and repeat 3-5 times.

24

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NECK STRETCH

Stand with your feet shoulder-width apart. Place your right hand on the left side of your head. Slowly and gently pull your head toward your right shoulder. Hold the stretch for 15-30 seconds and repeat on the other side. Repeat stretch 3-5 times.



SHOULDER STRETCH

Stand with your feet shoulder-width apart. Bring your right arm across your chest and place it on your left shoulder. Cup your right elbow with your left hand, then gently pull your elbow to the left side. Hold the stretch for 15-30 seconds and repeat on the other side. Repeat stretch 3-5 times.

TOTAL BODY STRETCH

25

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QUADRICEPS STRETCH

Stand with your feet shoulder-width apart. Shift your body weight to the left as you grab your right ankle or forefoot and pull it behind you toward your buttocks. Keep a straight posture. Hold the stretch for 15-30 seconds and then switch legs. Repeat 3-5 times.



CALF STRETCH

Stand with feet staggered in a lunge-like position with your left foot forward and right foot back, toes pointed straight ahead. Place your hands on your hips, then bend your left knee forward while keeping your right leg straight (push right heel to the floor). Hold the stretch for 15-30 seconds, then switch legs. Repeat stretch 3-5 times.

26

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