

Stretching always works better after warming up. The blood is pumping in the muscles and they release better.

Hold each stretch for 18 seconds. It takes that long for the muscle to actually release. Do not bounce during stretch.

Upper Back, Neck, Shoulders

Arm Circles – Controlled, full circles. 10 forward, 10 backward.

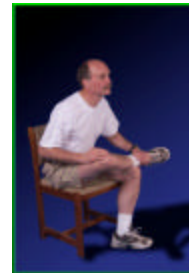
Shoulder Shrugs – Rotate shoulders forward, then back. 10 each way.

Anchored Stretch – Sitting in a chair, grab the seat of the chair with your right hand and lean away to the left with the head facing forward and the neck straight. Repeat with the left arm.



Mid Back, Low Back, Hips

Hip Stretch – Cross one foot over the opposite knee while sitting and lean forward



Hamstring Stretch – Lean forward while standing, keep knee as straight as possible, do not over stretch.

Elbow, Arm, Wrist, Hand



Wrists/Forearm Stretch



Thumb Stretch

Toning For the Spine – Hold for 15 seconds, 3 sets



Navel Tuck

■ Navel Tuck is performed by pulling in & contracting the abdominal muscles, as if a string is attached to your navel and you are pulling it through your body.

■ Remember: Navel Tuck while seated, bending, lifting, pushing/pulling. Perform as often as possible throughout your daily activities.

