

STRETCHING

1. Relax neck and gently apply resistance with your hand.
2. Be sure to pull elbow toward the body and across the chest.
3. Use your supporting elbow for leverage.
4. Laying face down, arch back, raising chest and feet off the ground.
5. Leave your heel flat to the ground as you bend your knee for optimal stretch.
6. Stand straight and twist torso side to side 180°.
7. Pull your foot underneath your straightened body until you feel slight burn.
8. Rotate hips as you alternately swing your leg to its highest comfortable point.
9. Rotate arms in a small circular motion. Reverse.
10. Bend your knees and slowly walk your fingers down your legs toward the ground.
11. Squatting, place your elbows on your inner thighs and push outward.

(All of these stretches should last roughly 10 seconds or until you feel loose.)



1. NECK



2. SHOULDERS



3. TRICEPS



4. ABDOMEN



5. CALVES



6. BACK



7. QUADS



8. HIPS/THIGHS



9. CHEST



10. HAMSTRINGS



11. GROIN