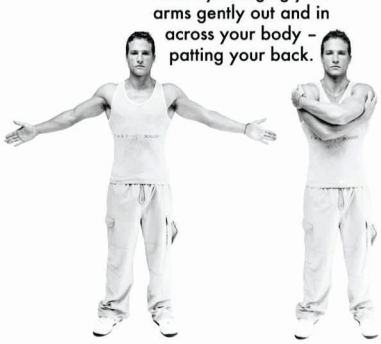
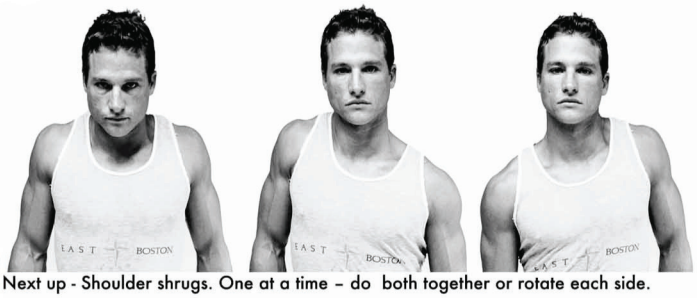
STRETCHES

UPPER BODY
WARM UP - 30 SECONDS EACH

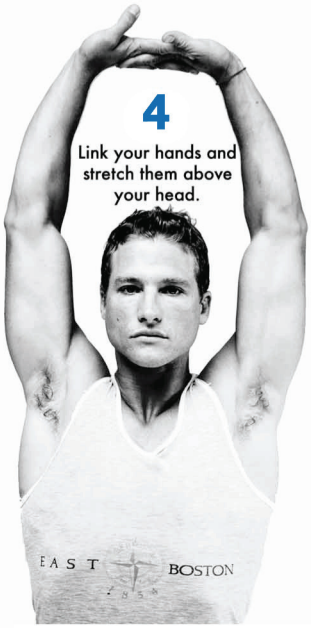
1 Start by swinging your arms gently out and in across your body – patting your back.





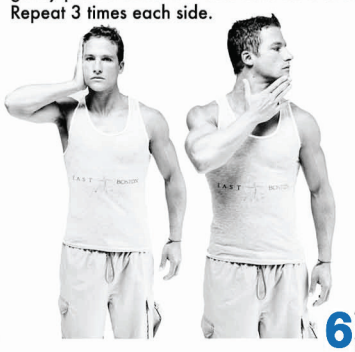
2 Next up - Shoulder shrugs. One at a time – do both together or rotate each side.

3 Put your arms out straight – move your shoulders back and forth.



4 Link your hands and stretch them above your head.

5 Resisted Rotation – Place your right hand against right cheek, push against your hand for 5 seconds without movement. Turn to the left and gently push a bit further and hold for 5 seconds. Repeat 3 times each side.



6 Touch your hands behind your back keeping your head up. Repeat for the other side.

LOWER BODY
WARM UP - 30 SECONDS EACH

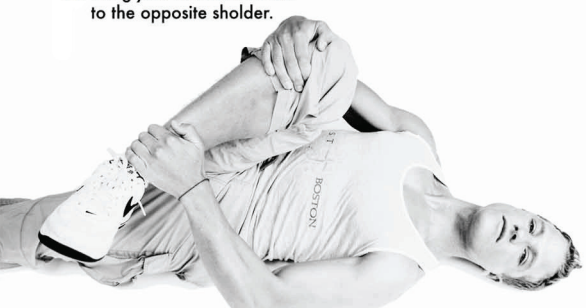
1 Cat Stretch
Alternate between lowering your head/rounding your back and lifting your head/arching your back.

2 Lying prone on your elbows allowing gentle lumbar stretch.

3 Hands outstretched allow backside onto ankles, stretching lumbar spine.

4 Pull your knee to your chest, hold and repeat on the other side.
Straighten leg to 90 degrees and flex and extend foot slowly for 30 seconds. Repeat on other side.

5 Lie on your back and bring your knee and ankle to the opposite sholder.



6 Lie on your back and bend knee to 90 degrees - use your opposite hand and pull your knee towards the ground.

Best performed daily.

Stretch in the morning to warm the body up or in the evening to release tension.

A stretch is felt at end range but there should be no pain - do not bounce!

back in action