

## 1 SHOULDER STRETCH

**x 15 seconds** (per side)

Standing straight, bring right arm across chest, keeping shoulder down.

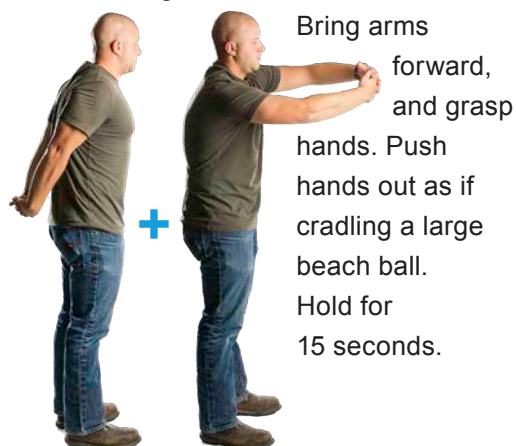
Grab top of extended arm near tricep. Hold for 15 seconds, stretching shoulder. Repeat with left arm/shoulder.



## 2 CHEST & UPPER BACK

**x 15 seconds** (front & back)

Standing straight, lock hands behind lower back. Push hands toward floor, stretching chest. Hold for 15 seconds.



## 3 NECK STRETCH

**x 15 seconds** (each direction)

Standing straight, tuck chin to chest. Hold. Lift head to neutral, then look straight up, bending head back. Hold. Return head to neutral, then bring ear to right shoulder. Hold. Return head to neutral, bring ear to left shoulder. Hold.



## 4 CALF STRETCH

**x 15 seconds** (per calf)

Start with your feet together, chest up. Put right leg back, toes up, and press your right heel into the floor.

Hold for 15 seconds. Repeat with left leg.



## 5 ANKLE ROTATION

**x 5 each foot** (each direction)

Lift right foot off floor and rotate ankle in a circular way. Do 5 circles in one direction, and 5 the other direction. Repeat with left ankle.



## 6 THIGH STRETCH

**x 15 seconds** (per thigh)

Stand straight and lift right foot behind, grabbing your right ankle.

Balance on left leg. Keep your bent right knee parallel to the straight left knee. Don't lock your knee. Maintain balance.

Hold for 15 seconds.

Release and repeat, this time balancing on right leg.



## 7 ARM CIRCLES

**x 10 each arm** (each direction)

Standing straight with feet flat on the floor, raise your right arm out to your side, even with your shoulder. Move arm in a small circular motion. 10 forward and 10 backward.

Repeat with left arm.



## 8 ARM SWINGS

**x 10 each arm** (each direction)

Standing straight with feet flat on the floor, raise your right arm out to your side, even with your shoulder. In a circular motion, swing arm inward across the chest. 10 clockwise rotations and 10 counter-clockwise rotations. Repeat with left arm.



## 9 HOLD LUNGES

**x 10-15 seconds** (hold each)

Stand with feet shoulder width apart. Take a big step forward with right leg. Lower hips while bending right knee gently to align parallel to the floor, with left knee slightly bent. Keep back straight. Hold for 15 seconds.



## 10 BODY WEIGHT SQUATS

**x 20**

Place feet slightly more than shoulder width apart, toes pointed out. Squat down with feet flat on floor and body weight on your heels. Keep upper body upright. Arms in front for balance. Go as low as you can with feet flat on floor, upper body upright. Repeat 20 times.

**Modified 1:**

Don't go as low.

**Modified 2:**

Don't go as low, and rest forearms on thighs.

