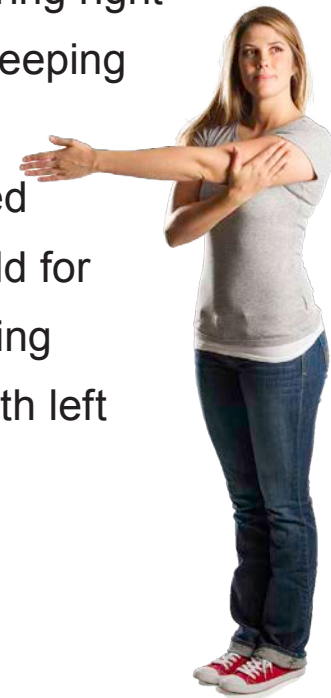


## 1 SHOULDER STRETCH

**x15 seconds** (per side)

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

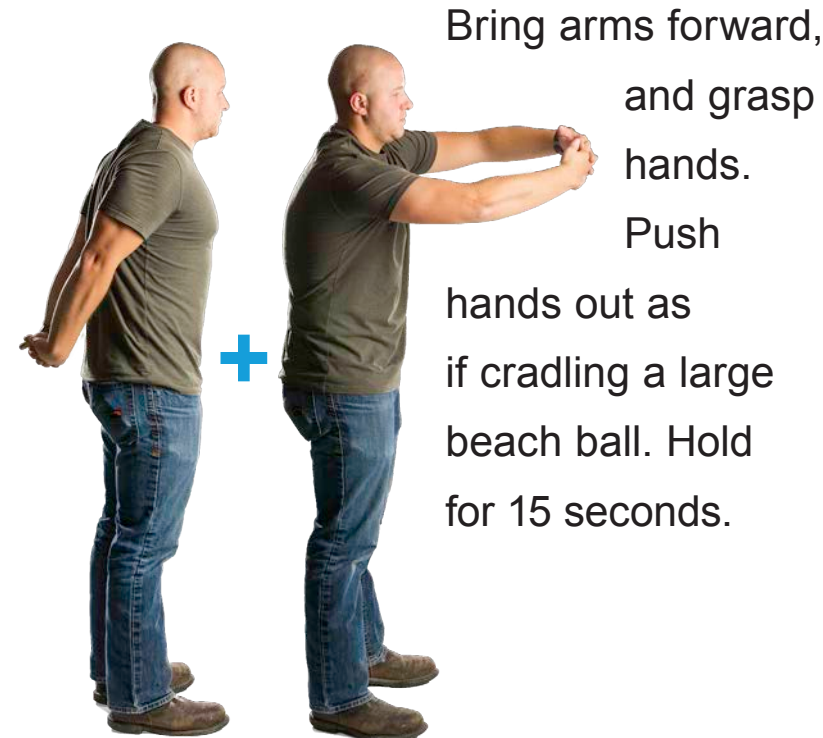
Grab top of extended arm near tricep. Hold for 15 seconds, stretching shoulder. Repeat with left arm/shoulder.



## 2 CHEST & UPPER BACK

**x15 seconds** (front & back)

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

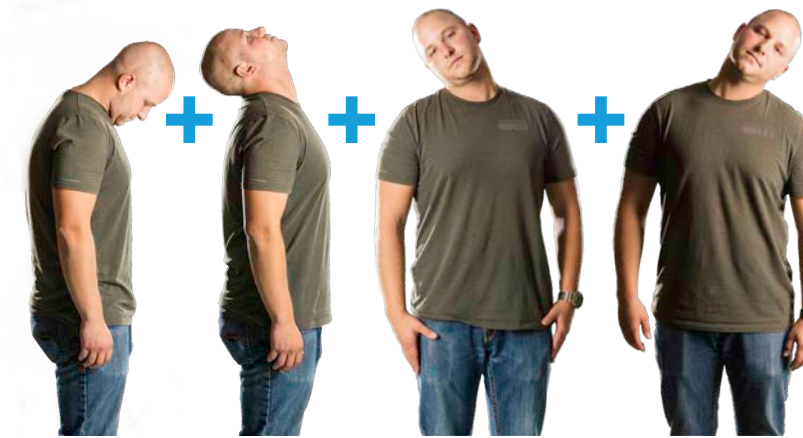


Bring arms forward, and grasp hands. Push hands out as if cradling a large beach ball. Hold for 15 seconds.

## 3 NECK STRETCH

**x15 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

**x15 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

**x5 seconds** (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

**x15 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 HOLD SQUAT

**x15 seconds** (one squat)

Start with feet about 12" wider than shoulders. Toes pointed out. With knees following toes, squat down with arms raised in front of you.

Go as low as you can. Hold for 15 seconds. Slowly return to standing.

*Modified: Don't go as low.*



## 8 FORWARD FOLD

**x15 seconds** (one fold)

Feet together, slightly bend knees, lean forward until stomach nears thighs. Straighten legs and hold for 15 seconds. Slowly roll upper body up to standing position.



## 9 LATERAL HIP STRETCH

**x15 seconds** (each direction)

Place right foot behind the left. Lean on left leg so right side hip comes out. Bring right arm up and over to follow your body. Hold for 15 seconds. Slowly return to standing. Repeat with right foot.



## 10 BODY WEIGHT SQUATS

**x20**

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.*

