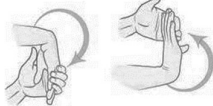











Stretch	Photo	Details	Where you should feel it
Wrist stretch		Repeat both sides Hold for 10 seconds each stretch. Stretch up 10 then down 10.	Lower arms and wrists
Elbow Pull		Repeat both sides Hold for 20 seconds	In your triceps, Lats & shoulders
Arm Stretch on the wall		Repeat both sides Hold for 20 seconds Make sure your arm is at a right angle to your spine. Check posture	In your Chest Biceps & Deltoid
Lower Spine stretch		Repeat both sides Hold for 20 seconds Look opposite way to your moving leg	In your lower spine & neck
Upper Spine stretch		Hold for 20 seconds Let your head hang Keep legs as straight as possible. Hands can be placed on the floor	In your upper spine, hamstrings
Quadriceps Stretch		Repeat both sides Hold for 20 seconds Squeeze knees together Hold a partner or a wall for balance	In your Quads
Down dog heel presses		Repeat 5 times alternating sides, press the heel down towards the ground and hold for 5 seconds each stretch	In your hamstrings, ankles & calves
Thigh hug		Repeat both sides Hold for 20 seconds Keep other leg flat to the ground when bent leg is tucked to chest	In your hips, glutes, & quads
Resistance leg		Try to straighten your leg above your head without lifting your lower leg. A TheraBand can be used to attach to foot	In your hamstrings, glutes, and hips
Butterfly Stretch		Hold for 20 seconds Try pushing the knees down to the floor and move your feet closer to your body	In your hips & quads