

# Everyday

# STRETCHES

**With all stretches:** No bouncing, remember to breathe, hold each stretch for about 30-60 seconds, and stretch to a point you feel tight but not painful.

## Chest Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Hold your arms out to the side parallel with the ground and the palms facing forward.
- Stretch the arms back as far as possible.
- You should feel the stretch across your chest.

## Upper Back Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Interlock your fingers and push your hands as far away from your chest as possible, allowing your upper back to relax.
- You should feel the stretch between your shoulder blades.

## Shoulder and Triceps Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Place both hands above your head and then slide both your hands down the middle of your spine.
- You should feel the stretch in the shoulders and the triceps.

## Side Bends

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent, hands resting on the hips.
- Bend slowly to one side, come back to the vertical position and then bend to the other side.
- Do not lean forward or backwards.
- You should feel the stretch on your sides.

## Hip and Thigh Stretch

- Stand tall with your feet approximately two shoulder widths apart.
- Turn the feet and face to the right.
- Bend the right leg so that the right thigh is parallel with the ground and right lower leg is vertical.
- Gradually lower the body.
- Keep your back straight and use your arms to balance.
- You should feel the stretch along the front of the left thigh and along the hamstrings of the right leg.
- Repeat by turning and facing to the left.

## Biceps Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Hold your arms out to the side parallel with the ground and the palms facing forward.
- Rotate the hands so the palms face to the rear.
- Stretch the arms back as far as possible.
- You should feel the stretch across your chest and in the biceps.

## Shoulder Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Place your right arm, parallel with the ground across the front of your chest.
- Bend the left arm up and use the left forearm to ease the right arm closer to your chest.
- You should feel the stretch in the shoulder
- Repeat with the other arm.

## Calf Stretch

- Stand tall with one leg in front of the other, hands flat and at shoulder height against a wall.
- Ease your back leg further away from the wall, keeping it straight and press the heel firmly into the floor.
- You should feel the stretch in the calf of the rear leg.
- Repeat with the other leg.

## Adductor Stretch

- Stand tall with your feet approximately two shoulder widths apart.
- Bend the right leg and lower the body.
- Keep your back straight and use arms to balance.
- You should feel the stretch in the left leg adductor.
- Repeat with left leg.

## Quadriceps Stretch

- Stand tall with feet comfortably apart.
- Grab hold of a stationary object for balance with one hand.
- Use the opposite hand to grasp the leg around the ankle.
- Lift it towards your buttocks.
- Repeat with the other leg.