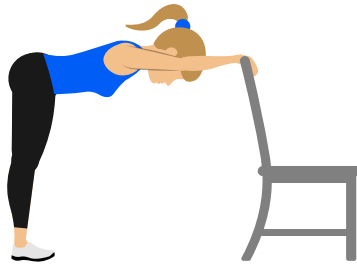


## Bent Over Chair

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**MOVEMENT:** With hands on a chair, standing a few feet back, bend at the hips and drop your chest between the arms.

**TIP:** Pull hips back as the chest drops for extra stretch.

## Chest Chair Stretch

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**MOVEMENT:** Stand with your back to a chair and reach behind. Placing both hands on the chair, open the chest as you reach your hands back.

**TIP:** Keep your shoulders down.

## Cross Shoulder Stretch

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**MOVEMENT:** Stand with one arm across the body at shoulder height, bending the other arm to a 90 degree angle, helping assist in the stretch, pulling it closer to the body.

**TIP:** Keep shoulder down for greater stretch.

## Forward Head Stretch

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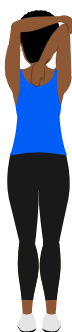


**MOVEMENT:** Stand with the head dropped gently forward, you can assist with both hands behind the head easing into the stretch.

**TIP:** Do not add too much pressure to the neck.

## Overhead Tricep Stretch

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**MOVEMENT:** Stand tall with one arm bent behind the head, elbow pointing up. Try to drop the shoulder as the other hand assists in the stretch, pulling the elbow back.

**TIP:** Try not to sway the back.

## Side Head Stretch

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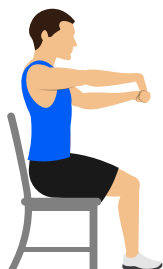


**MOVEMENT:** Stand with the head tilted, ear towards the shoulder. The other arm hangs down, fingers toward the ground for a greater stretch. Use the opposite hand to gently assist the stretch.

**TIP:** Do not pull neck too hard.

## Wrist Stretch

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**MOVEMENT:** Sit or stand with your arms in front of you. Gently bend one wrist down while the opposite hand assists in a deeper stretch.

**TIP:** Stretch wrist in both directions.



## Assisted Quad Stretch

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**MOVEMENT:** Holding on to a chair for balance, stand on one leg as you hold the foot of the other bent leg behind you.

**TIP:** Imagine pressing the knee down towards the ground as you pull the foot up for a full stretch.

## Butterfly

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**MOVEMENT:** Sit tall with the legs bent with the bottoms of the feet together, close to the body. Gently let the knees drop open.

**TIP:** The closer the feet to the body, the more challenging stretch.

## Calf/Hamstring Stretch

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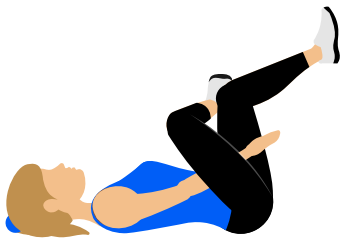


**MOVEMENT:** Sit Tall with one leg straight. Place the band around the ball of the foot and gently pull towards you.

**TIP:** Try to sit tall and lean forward only slightly.

## Glute Stretch

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**MOVEMENT:** Lie on your back with left ankle over the right knee. Hold both hands behind the right knee and draw both legs to the chest.

**TIP:** Try to keep hips on the floor.

## Hamstring Stretch with Band

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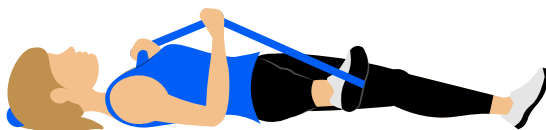


**MOVEMENT:** Lie on your back one leg bent with the foot on the floor the other straight up in the air. Place one end of the band around the foot, holding the other end, pulling the leg towards your head.

**TIP:** Keep both hips on the floor.

## Inner Thigh/Groin Stretch

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**MOVEMENT:** Laying on your back, with one leg straight or bent, wrap the band around one foot. Move the leg out to the side until you feel a stretch. Gently pull on the band to assist a deeper stretch.

**TIP:** Try to keep both shoulders and both hips on the ground.

## Seated Hip Stretch

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**MOVEMENT:** Sit on the edge of the chair one ankle over opposite knee. Sitting tall, gently lean forward till you feel a stretch in the hip.

**TIPS:** Keep your abs tight and try not to collapse over the lap.

## Seated Wide Leg Stretch

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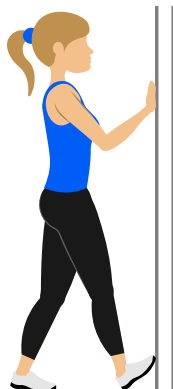


**MOVEMENT:** Sit at the edge of the chair. From the hips, lean forward/out with your elbows inside your knees, gently pushing knees open.

**TIP:** Keep your head in line with your spine, trying not to drop the head.

## Wall Calf Stretch

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**MOVEMENT:** Stand about 2 feet from a flat, clear wall. Place the ball of one foot against the wall, supporting yourself with your hands on the wall. Gently lean forward until you feel a slight stretch.

**TIP:** Stay tall and keep your abs tight.

## Cat Stretch

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**MOVEMENT:** On all fours, knees directly under the hips and hands placed under the shoulders, round the back and tuck the head under, arching the back

**TIP:** Open the shoulder blades for extra stretch.

## Cobra Stretch

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**MOVEMENT:** Lie on your stomach and your hands out in front of you with your hands on the ground. Press the upper body up and look to the ceiling.

**TIP:** Be sure not to hyper extend the neck, just enough to look up.

## Seated Chair Twist

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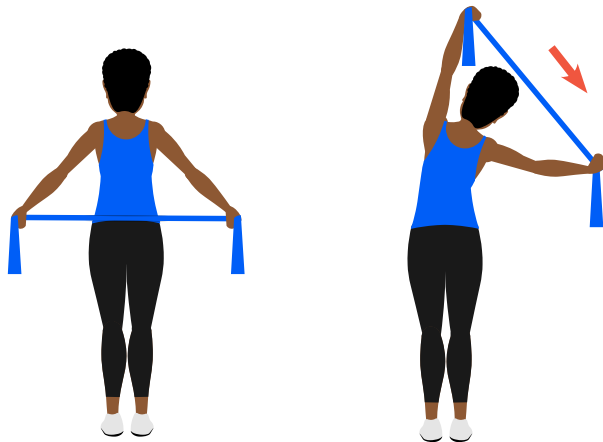


**MOVEMENT:** Sit tall on the edge of a chair, twist to right, placing left palm on the outside of right knee and right hand behind you on left side of the chair to assist the stretch.

**TIP:** Sit tall and twist like a corkscrew.

## Overhead Side Stretch

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**MOVEMENT:** Grasp the band so it is taut between the hands at a 90 degree angle. Gently pull down on the arm out to the side as you pull up to the sky the other arm. Repeat sides

**TIP:** You should feel the stretch on the side of the body that has the arm up to the sky.

## Seated Floor Twist

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**MOVEMENT:** Sit with your right hand behind you and the right leg bent with the foot on the outside of the straightened left leg. Brace the left elbow on the outside of the right knee, helping assist the body to twist. Then switch sides.

**TIP:** Sit tall