

Stretch it out!

UPPER BODY

Neck Tilts Tilt head sideways by dropping your ear to your shoulder. Hold. Repeat on other side.



Chest Stretch Sit on a chair and bring your arms to your sides. Slowly roll your thumbs toward your back, opening your chest. Hold. Repeat.



Shoulder Stretch Extend your right arm and bring it straight across your chest. Use your left arm to press your right arm toward your chest. Hold. Repeat with other arm.



Shoulder Shrugs Raise shoulders towards ears. Hold for five seconds. Relax downward to a normal position. Repeat.



Upper Back Stretch Stand with feet shoulder width apart and knees slightly bent. Clasp your hands in front of you and push palms away from the body. Hold.



Forearm Stretch Hold your right arm out in front of you with your palm up. With your left hand, gently pull your right fingers back until you feel a stretch in your right arm. Hold. Switch arms.



LOWER BODY