

Upper Body



Grab your arm at the elbow and pull it gently across your body until a stretch is felt in the back of your arm/shoulder. The elbow should stay low across your chest, not towards the face. Pull shoulders down and back to feel full stretch.

Hold for at least 30 seconds; repeat 3-5 times



Bring your arm overhead and grasp the elbow with your opposite arm. The upper arm should go behind the head. Bend your elbow to reach down the middle of your back.

Hold for at least 30 seconds; repeat 3-5 times



Place arms on a doorway with your legs staggered. Slowly lean forward until a stretch is felt through the chest.

Hold for at least 30 seconds; repeat 3-5 times

Lower Body



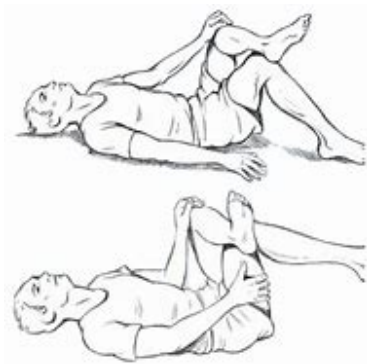
While lying down on your back, hook a towel, belt or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg. Keep both legs in a straight position.

Hold for at least 30 seconds; repeat 3-5 times



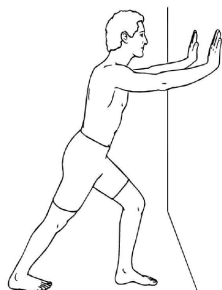
Enter a kneeling position and start with one knee on the ground. Then, squeeze your glute muscles, putting the pelvis into a neutral position until you feel a stretch along the front hip area of the knee-down side. For a more intense stretch, lift one or both arms overhead.

Hold for at least 30 seconds; repeat 3-5 times



While lying on your back with both knees bent, cross one leg over the other. Next, hold your bottom thigh and pull it up towards your chest until a stretch is felt in the buttock.

Hold for at least 30 seconds; repeat 3-5 times



Start by positioning yourself in a staggered stance in front of a wall or other sturdy object. Keep your toes pointed forward, and keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall until a gentle stretch is felt along the back of the straight leg.

Hold for at least 30 seconds; repeat 3-5 times

Also complete with both legs bent