

# Start Your Day Stretching

## Month Two

### Stretch #1 – Lower Back



#### Instructions:

- Stand upright, with the feet shoulder width apart
- Place the hands on the hips
- Push the hips forward
- Keep the head balanced over the ankles, eyes looking forward (as shown)
- Hold 10 seconds
- Repeat 3X

### Stretch #2 – Back and Legs



#### Instructions:

- Stand upright, with the feet shoulder width apart
- Grasp the lower leg with the hand(s); use one hand to balance if needed
- Pull the knee to the chest
- Hold 10 seconds
- Repeat 3X each side

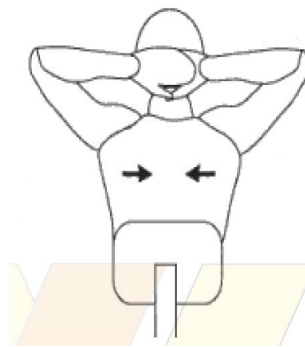
### Stretch #3 – Shoulders, Upper Back



#### Instructions:

- Stand upright, feet shoulder width apart, arms at the sides
- Grasp hands together in front of chest
- Turn the palms up to the ceiling, and push arms over the head
- Hold 10 seconds
- Repeat 3X

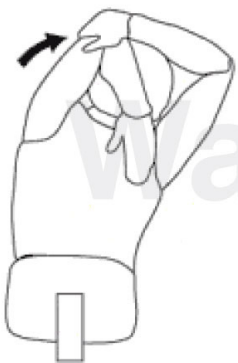
### Stretch #4 - Neck



#### Instructions:

- Stand upright, feet shoulder width apart,
- Clasp hands tightly behind neck
- Push elbows back, squeezing the shoulder blades together
- Hold 10 seconds
- Repeat 3X

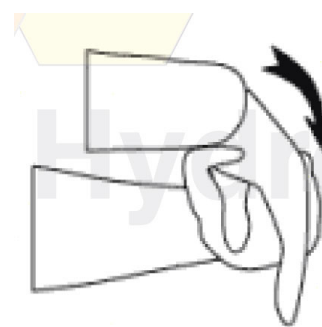
### Stretch #5 - Neck



#### Instructions:

- Extend one arm up over the head
- Bend the elbow, and touch the tip of the opposite shoulder blade
- Grasp the arm just above the elbow and gently pull
- Hold 10 seconds
- Repeat 3X each side

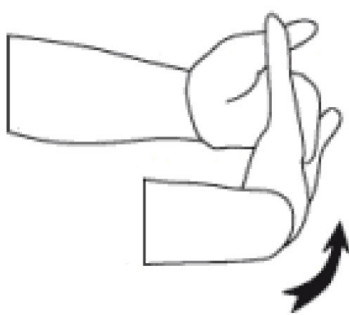
### Stretch #6 – Hand and Wrist



#### Instructions:

- Stand, feet shoulder width apart
- Extend the arm straight in front of the body
- Use the opposite hand to gently push the hand, bending the wrist down
- Hold 10 seconds
- Repeat 3X each side

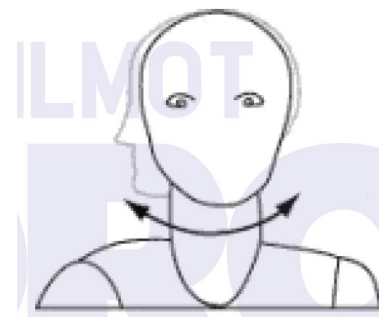
### Stretch #7 – Wrist and Forearm



#### Instructions:

- Stand, feet shoulder width apart
- Extend the arm straight in front of the body
- Use the opposite hand to gently push the hand, bending the wrist up
- Hold 10 seconds
- Repeat 3X each side

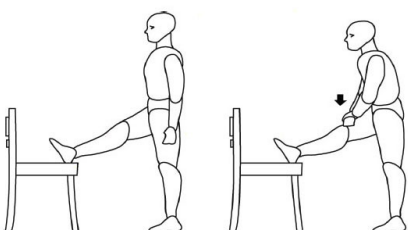
### Stretch #8 – Neck



#### Instructions:

- Stand upright, feet shoulder width apart, arms at the sides, looking straight ahead
- Turn the head to the side 45 degrees
- Drop the chin to the chest
- Hold 10 seconds
- Repeat 3X each side

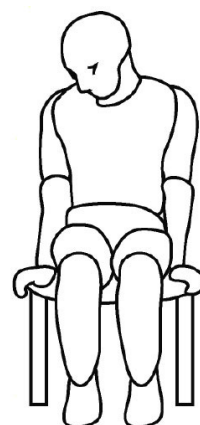
### Stretch #9 – Lower Leg



#### Instructions:

- Stand upright, feet shoulder width apart
- Lift one leg and rest it on the seat of the chair
- Lean forward slightly at the hips, resting the hands on the thigh
- Hold 10 seconds
- Repeat 3X each side

### Stretch #10 - Neck



#### Instructions:

- Stand (or sit) upright, feet shoulder width apart, arms at the sides, looking straight ahead
- Turn the head to the side 45 degrees
- Drop the chin to the chest
- Hold 10 seconds
- Repeat 3X each side