

# Start Your Day Stretching

## Month Three

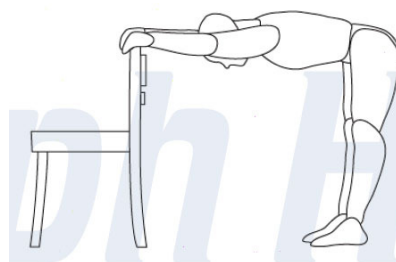
### Stretch #1 – Lower Back



#### 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 – Shoulders, Back



#### Instructions:

- Stand one step back from the chair
- Place the hands on the top of the backrest of the chair
- Slowly bend forward so the back is flat and the head is between the arms in line with the ears
- Hold 10 seconds
- Repeat 3X

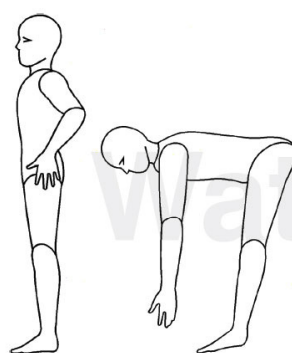
### Stretch #3 – Neck



#### Instructions:

- Stand upright, feet shoulder width apart, arms at the sides
- Look straight ahead
- Bend the neck to the side, moving the ear towards the shoulder
- Hold 10 seconds
- Repeat 3X each side

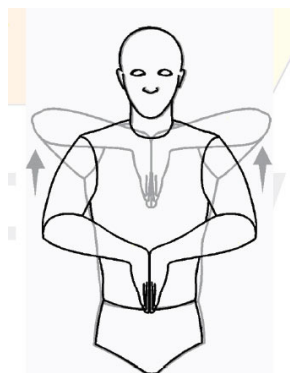
### Stretch #4 – Back, Hamstring



#### Instructions:

- Stand upright, feet shoulder width apart
- Place the hands on the hips
- Slowly bend forward at the hips, release the arms, and reach for the floor
- Keep the back straight
- Hold 10 seconds
- Repeat 3X

### Stretch #5 – Wrists and Forearms



#### Instructions:

- Stand upright, feet shoulder width apart
- Hold the hands at waist height with the back of the hands touching, hold this position
- Raise the arms until the forearms are straight across or horizontal at chest height
- Hold 10 seconds

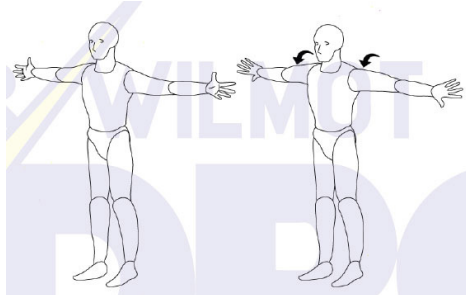
### Stretch #6 – Wrists and Forearms



#### Instructions:

- Stand upright, feet shoulder width apart
- Hold the hands at chest height
- Press both palms together, hold this position
- Lower the arms, until the forearms are straight across or horizontal
- Hold 10 seconds

### Stretch #7 – Shoulders, Upper Back



#### Instructions:

- Stand upright, feet shoulder width apart
- Extend the arms straight out at shoulder height
- Roll the shoulders forward
- Hold 10 seconds
- Roll shoulders back
- Hold 10 seconds
- Repeat 3X each side

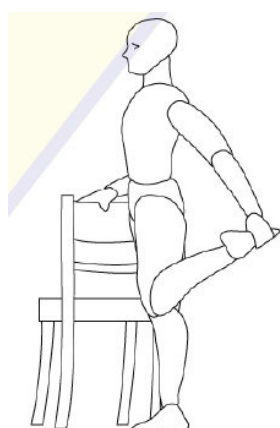
### Stretch #8 – Shoulders, Arms



#### Instructions:

- Stand upright, feet shoulder width apart
- Extend one arm up over head, bringing lower arm against ear
- Maintain a slightly bent elbow
- Hold 10 seconds
- Repeat 3X each side

### Stretch #9 – Legs



#### Instructions:

- Stand upright, feet shoulder width apart
- Grasp the foot, ankle or lower leg with the hand
- Gently pull the lower leg towards the buttocks
- Hold 10 seconds
- Repeat 3X each side

### Stretch #10 – Legs, Hips



#### Instructions:

- Sit up tall in a chair
- Cross one leg over the other with the lower leg of one just above the ankle resting on the thigh of the other leg
- Lean forward slightly, from the hips, and keep the lower back straight
- Hold 10 seconds
- Repeat 3X