

Start Your Day Stretching

Month One

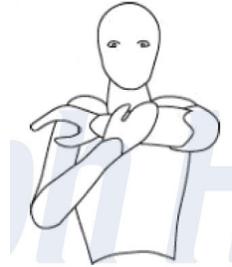
Stretch #1 – Lower Back



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

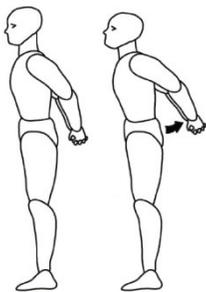
Stretch #2 - Shoulder



Instructions:

- Stand upright, with the feet shoulder width apart
- Grasp the arm above the elbow
- Pull the arm across the chest at shoulder height
- Hold 10 seconds
- Repeat 3X per side

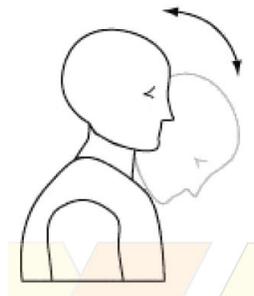
Stretch #3 – Shoulders, Upper Back



Instructions:

- Stand upright, feet shoulder width apart, arms at the sides
- Grasp the hands behind the back
- Push the arms back and up
- Hold 10 seconds
- Repeat 3X

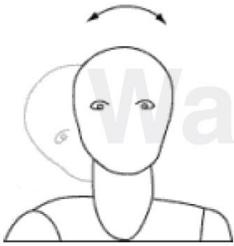
Stretch #4 - Neck



Instructions:

- Stand upright, feet shoulder width apart, arms at the sides
- Start by looking straight ahead
- Bend the head down, moving the chin towards the chest
- Hold 10 seconds
- Repeat 3X

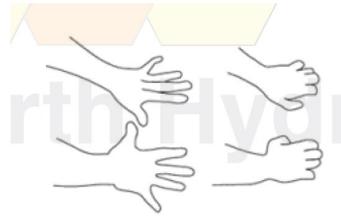
Stretch #5 - Neck



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 #6 – Hand and Wrist



Instructions:

- Stand upright, feet shoulder width apart, arms at your sides
- Open your palms, making a fan with your fingers
- Hold 10 seconds
- Bring the fingers back to form a gentle fist
- Repeat 3X

Stretch #7 – Upper Back



Instructions:

- Sit down
- Clasp the hands together in front of the chest
- Push the arms forward straight out in front
- Slowly bring the chin towards the chest
- Hold 10 seconds
- Repeat 3X

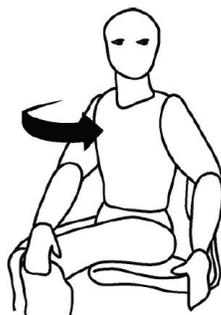
Stretch #8 – Lower Back



Instructions:

- Start sitting upright in your chair
- Lean forward and reach for the floor
- Hold 10 seconds
- Repeat 3X

Stretch #9 - Back



Instructions:

- Sit upright with a straight back
- Grasp the left knee with the right hand
- Place the left arm behind the chair
- Look over the shoulder to the left
- Hold 10 seconds
- Repeat 3X each side