

Stretching Routine

Move slowly with full breaths,

Doing sets of 5 repetitions.

(3-4 minutes)

1. Wrist Roll and Stretch front and back of each wrist, wrist roll (5 sec. each)
2. Standing tall, Inhale - raise arms up at sides to overhead, exhale - lower arms down to sides (5 times)
3. Shoulder rolls forward (5), Shoulder rolls backward (5)
4. Extend arms out to sides – roll extended arms forward and back (5 times)
5. Bring arms together in front and move back to extended out to sides, arms remain at shoulder height (5 times)
6. Bend knees slightly, feet shoulder width apart, bring right hand across body to left hand and back, then left hand across body to right hand and back (5 times each side)
7. Lower hands to sides, turn head to right, back to center, turn head to left, back to center (5 times)
8. Inhale, raise arms out and over head, exhale, lower arms and body to forward bend, knees are slightly bent, let upper body, arms, and head hang for 5 seconds (5 times)
9. Inhale, raise up and reach tall, exhale arms back to sides.
10. Continue to breath, smile, and have a great day...

