

Stretching Sequence

Follow this sequence when you need a quick stretch break.

Hold each stretch for at least 2 deep breaths before moving on.

1



Overhead Reach Stretch

Reach fingertips to the ceiling, extending the stretch as far as you can.

2



Side Stretch

Grab right wrist overhead and gently pull arm to the left as you push the right hip out to the side, stretching the side body. Repeat on left.

3



Upper Back Stretch

Extend the arms out to the front. Slightly round the upper back and push through the hands to feel a stretch on the back.

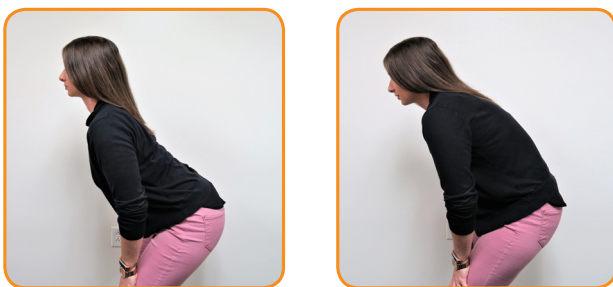
4



Chest Stretch

Extend arms behind you and push out the chest to feel a stretch on the front side of your body. If you can, clasp your fingers.

5



Cat/Cow Stretch

Bend the knees slightly and place hands on thighs. Inhale as you arch the spine and look up. Exhale to round the spine and look down. Repeat.

6



Hip Flexor Stretch

Step the right foot out and bend the knee. Turn your torso so you're looking over your right knee. Try to keep left heel as close to the floor as possible as you stretch out the hip and calf. Repeat on other side.