



#3- HI Stretch and Relaxation

Benefits of Stretching

- Increases flexibility
- Reduces muscle soreness by flushing out lactic acid
- Increases range of motion in the joints

Guidelines

1. Warm up muscles prior to stretching
2. Never stretch beyond what is comfortable for you
3. Use slow, controlled movements
4. Hold stretches for 20-30 seconds
5. Breathe throughout the stretch
6. Wear comfortable clothing
7. Turn the lights low and play relaxing music
8. Perform all exercising lying on back
9. Close your eyes and relax

Warm up - Perform at least 5 minutes of low-impact movement
Ex. Marching in place, thermal walk, relaxed bike ride

Toe Stretch

Wiggle each toe several times

Wrist and Finger Stretch

Raise right arm to ceiling
Gently rotate wrist, clockwise and counter-clockwise
With arm still help upward, make the "OK" sign with each fingers
several times
Repeat with left arm

Neck Stretch

Roll head to left side (left ear to mat)
Bring back to center
Gently move chin to chest, pushing back of neck to the floor

Roll head to right side (right ear to mat)

Ankle Stretch

Bring right leg up to 90 degree angle
Gently rotate ankle, clockwise and counterclockwise

Shoulder Stretch

Bring one arm straight across chest
Use opposite hand to pull arm closer to chest
Release and repeat with opposite arm

Single Hamstring Stretch

Bend right knee, placing right foot flat on floor
Place yoga strap under arch of left foot, holding one end in each hand
Extend left leg and slowly lift it toward ceiling
Pull extended leg
Return left leg to starting position

Inner thigh stretch

Start with knees bent and feet flat on floor
Place soles of feet together, allowing knees to fall open to floor

Glute stretch

Start with knees bent and feet flat on the floor
Place yoga strap behind left thigh
Place your right ankle on your left knee
Gently pull strap toward chest while lifting left foot off floor
Release and repeat on other leg

Diagonal Hip Stretch

Place yoga strap under arch of left foot, holding ends in left hand
Extend leg toward ceiling
Slowly allow left leg out to fall toward floor on left side
Return to starting position
Slowly allow left leg to fall across your body to the right
Avoid allowing your left hip to roll over your right hip
Release and repeat on other leg

Low Back Stretch

Bring right knee in toward chest
Holding under the knee, lace fingers
Release and repeat with other knee

Variation:

Bring both knees in toward chest together

Back Massage

Bring both knees in to chest together
Hold behind knees, lace fingers
Gently rock from side to side, massaging back

Full Body Stretch

Fully extend arms behind head and reach fingertips to wall behind you
Fully extend legs and stretch to opposite wall