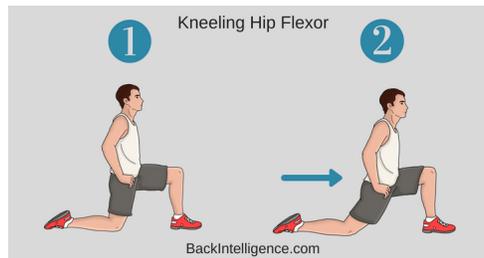


Everyday Stretches

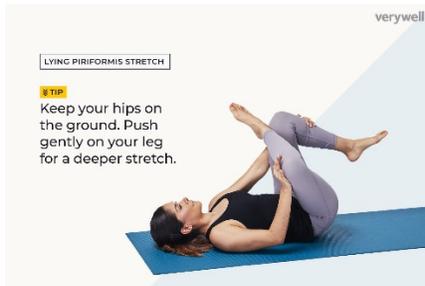
Kneeling lunges hold for 5 sec 10xs

Get in a **kneeling lunge** position with one knee on the floor and the other leg bent 90 degrees in front of you with foot flat. Place one hand on your hip. This is your starting position. Step 2 Squeezing your back glutes, shift your body weight slightly forward while maintaining an upright torso.



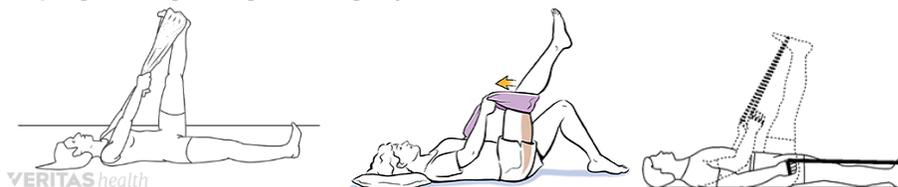
Piriformis hold for 5 sec 10xs

There are a number of ways to **stretch** one's **piriformis** muscle. Two simple ways include: Lie on the back with both feet flat on the floor and both knees bent. Pull the right knee up to the chest, grasp the knee with the left hand and pull it towards the left shoulder and hold the **stretch**



Towel Hamstring hold for 5sec 10xs

Put a **towel** behind one knee or calf. Use the **towel** to pull the leg toward your chest, keeping the leg straight or slightly bent



Hip bridges hold for 5 sec 10xs

Start lying flat on your back, your knees bent and your arms in low V by your **hips**. Your feet should be about **hip**-distance apart with your heels a few inches away from your butt. Push through your heels to lift your **hips** up while squeezing your glutes



Press up hold for 5 sec 10xs

Lie on your stomach with your hands under your shoulders. **Push** with your hands so your shoulders begin to lift off the floor. If it's comfortable for you, put your elbows on the floor directly under your shoulders and hold this position for several seconds



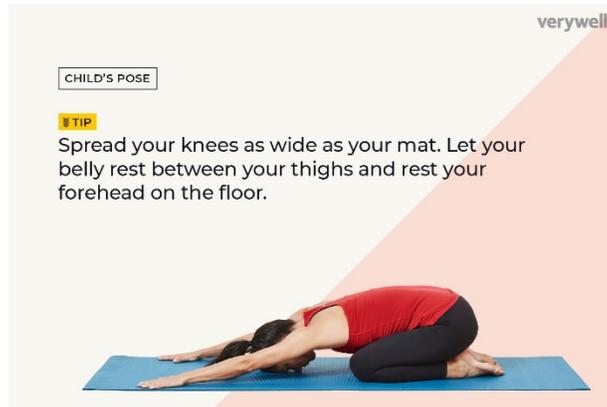
Cat-Cow 10xs

Begin on your hands and knees, knees under hips, hands under shoulders. Round your back up toward the ceiling, drop your head slightly, tuck in your buttocks. Come back to neutral position. Let your belly lower toward the floor creating an arch in your back



Child's pose

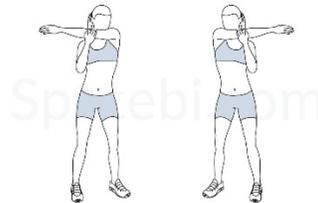
Child's Pose helps to stretch the hips, thighs, and ankles while reducing stress and fatigue. It gently relaxes the muscles on the front of the body while softly and passively stretching the muscles of the back torso



Shoulder stretches

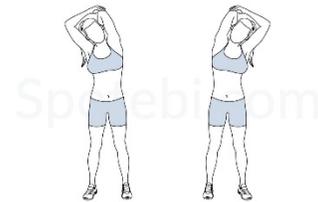
Cross-Body Shoulder Stretch 10x e side

Start standing or sitting tall. Grab one arm above your elbow with your opposite hand, and pull it across your body toward your chest until you feel a **stretch** in your **shoulder**. Make sure to keep your elbow below **shoulder** height. Hold for at least 30 seconds and then repeat on the other side.



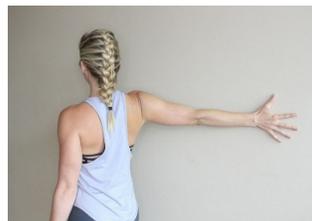
Tricep stretch 10x e side

Lift your shoulders up toward your ears and then draw them down and back. Extend your right arm to the ceiling, then bend at the elbow to bring the right palm toward the center of your back, resting your middle finger along your spine. Use your left hand to gently push your elbow in toward the center and down. Hold this stretch 30 seconds for three to four repetitions on each side



Wall Chest Stretch 5x e side 30 sec per side

Stand with your right shoulder about a foot away from a wall. Reach your right arm back behind you and place your hand on the wall so that it is in line with your shoulder. Take a step closer to the wall to feel a stretch through your right shoulder and chest. Then, slightly rotate your chest outward to feel the stretch intensify. Hold for 30 seconds, then switch sides



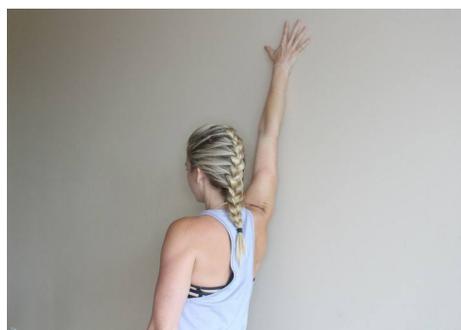
Upside Down Cactus Stretch | 5x e side 30 sec per side

Stand with your right shoulder facing the wall. Bring your right arm in front of you and bend the elbow to a 90-degree angle. Then, lift your elbow up in line with your right shoulder with your fingertips pointing towards the floor. Step closer to the wall and place your entire right arm on the wall right behind you. Then, gently rotate your chest outward until you feel a stretch through the right shoulder. Hold for 30 seconds, then switch sides



Overhead Shoulder Stretch | 5 x e side 30 sec per side

Stand with your right shoulder about a foot away from the wall. Reach your right arm over your head and place your hand on the wall. Your arm should be straight. Gently lean into the wall with your right shoulder until you feel a stretch through the top of the shoulder. Hold for 30 seconds, then switch sides



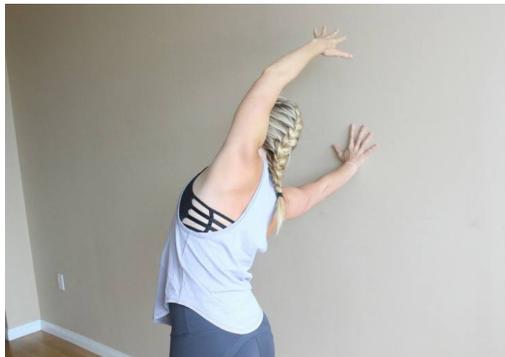
Wall Downdog | 5 x 30 sec

Start standing a few feet away from the wall. Place your hands on the wall so that they are in line with your hips. Then, walk your feet back so they are underneath your hips and your body is in an L-shape. Continue pressing into your palms as you slowly lower your chest and belly towards the floor until you feel a stretch through the chest and shoulders. Hold for 30 seconds



Lateral Reach | 5x e side 30 sec per side

Stand about three feet from the wall. Place your right hand on the wall at shoulder height and straighten the arm. Press into your right palm as you reach your left arm up and over your head. Reach the left fingertips towards the wall and press your hips to the left to get a side body stretch. Hold for 30 seconds, then switch sides.



Sitting Pec Stretch | 5 x 30 sec

Stand facing away from the wall. Reach your arms back behind you and place your hands on the wall. Depending on how tight your shoulders and chest are, you may need to place your hands out wider. Turn your fingertips to point upward or slightly outward. Press back into your palms, then bend into your knees and sit your hips down like you are going to sit into a chair. You should feel the stretch from your chest, up through your shoulders and biceps, and all the way down to your forearms. Hold for 30 seconds

