

Intermediate and Intermediate Plus Stretches

2x

10 arm circles forward, R arm first then L arm

10 arm circles backward, R arm first then L arm (think of it like backstroke, arm near ear)

10 monkeys (swing arms side to side → R arm swings low crossing over hips to left side at the same time your L arm swings up over and behind head)

10 tricep arm swings (put arms in front of your body, swing arms at shoulders up at the same time you're bending your elbows to have your hands touch the back of your neck (elbows should be pointed up to the sky))

10 field goal posts (hold arms out to side of body with elbows to the side of your shoulders like a field goal post, hands are up. Rotate at shoulders to bring elbows together keeping hands pointed up.)

10 streamline arms pushes (from the field goal post starting point with elbows out to side, raise hands and arms up to streamline position by pressing up from shoulders and squeezing shoulder blades together)

10 arms rotations forward (start from field goal post position, rotate shoulders forward so hands and forearms rotate forward, stop when hands are equal height to shoulders)

10 windmills

Spread feet apart lightly farther than shoulder width

Reach both hands down to R foot and hold for :15-:20 (avoid pushing leg back)

Reach both hands down to L foot and hold for :15-:20 (avoid pushing leg back)

Reach both hands in middle of legs and hold for :15-:20 without bending your legs as best as possible, touch the ground if you can

Walk hands 2 steps forward and hold for :15-:20 without bending legs and keeping heels on ground

Walk hands back through legs 2 steps backward and hold for :15-:20

Return to center, stand and shake it out

10 calf raises, both legs at same time

40 leg swings, have one or both hands on the wall for balance

- 10 R leg (forward and backward = 1)
- 10 L leg forward and backward
- 10 R leg cross in front of body
- 10 L leg cross in front of body