

# STRETCHING

Learn to stretch any muscle group in 3 or less simple exercises. Part of the "3 OR LESS" Complete Stretching Guide.



**NECK**

# 1



#### Instructions:

- Can be done standing or sitting
- Place your left hand on top of your head and gently pull towards the left side
- Pull the right hand down in the opposite direction until you feel a mild stretch in the side of the neck
- Take a deep breath while stretching
- Switch sides

#### Instructions:

- Can be done standing or sitting
- Interlock your fingers and extend both arms out as far as comfortably possible
- Take a deep breath while stretching



# 2

# 3



#### Instructions:

- Can be done standing or sitting
- Gently shrug your shoulders up
- Take a deep breath while stretching

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain