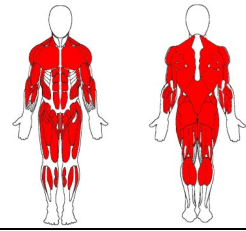


STRETCHING

MORNING



 Consult a physician before starting any stretching regime. This chart is for informational purposes only.



NECK



NECK



NECK



UPPER BACK



SHOULDERS



SHOULDERS & CHEST



LOW BACK, HIPS & HAMSTRINGS



OBLIQUES



CORE



QUADRICEPS

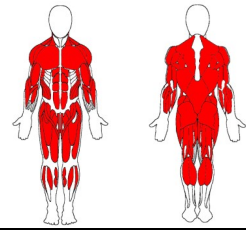


CALVES

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

STRETCHING

MORNING



⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



NECK

Grab your right hand behind your back and gently pull towards the left while tilting your head left as well. Switch sides.



NECK

Can be done standing or sitting. Interlock your fingers behind your head. Gently pull your head down until your chin touches the top of your chest. Take a deep breath while stretching.



NECK

Interlock your fingers behind your head and gently pull your elbows backward until you feel a mild tension between the shoulder blades.



UPPER BACK

While standing, extend both arms up as high as you can. Take a deep breath while stretching.



SHOULDERS

Extend your right arm across your chest and place the left hand on your right elbow. Gently pull your right arm toward your body. Switch sides.



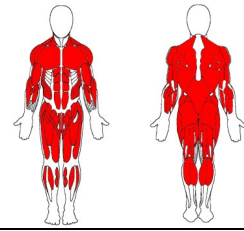
SHOULDERS & CHEST


Stand straight and place your hands on the back of your hips. Elbows pointing nearly backward. Gently push your hands forward until you feel a mild stretch across your chest.

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

STRETCHING

MORNING



 Consult a physician before starting any stretching regime. This chart is for informational purposes only.



LOW BACK, HIPS & HAMSTRINGS

Slowly lean forward while keeping the legs straight. Reach down as far as comfortably possible until you feel a mild stretch in the low back, butt, and hamstrings area.



OBLIQUES

Cross both arms behind your head and slowly lean toward one side until you feel a mild stretch on the side of your abdominal area. Switch sides.



CORE

Place hands on your hips and slowly rotate hips to the left as far as you can reach. Turn your head to the left and take a deep breath. Switch sides.

WALL



QUADRICEPS

Stand straight and place your left hand on a sturdy object (wall, door frame, etc.) Bend the right knee and bring your right foot back toward your hips. Use your right hand to help you feel a mild stretch in the front of your right thigh. Switch sides.

WALL

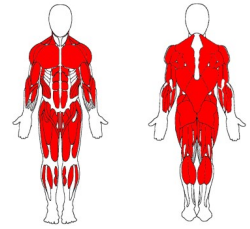


CALVES

Stand about 2-3 feet facing a sturdy object (wall, table, etc.) Take a step forward with the right foot. Keep toes pointing forward. Keep the back (left) knee straight and gently bend the front (right) knee until you feel a mild stretch in your left calf. Switch sides.

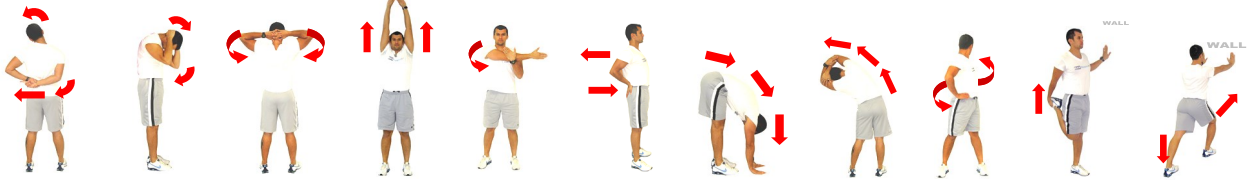
• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

STRETCHING LOG



MORNING

⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



	Neck	Neck	Neck	Upper Back	Shoulders	Shoulders & Chest	Low back, Hips & Hamstrings	Obliques	Core	Quadriceps	Calves
Mon											
Tue											
Wed											
Thurs											
Fri											
Sat											
Sun											

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