
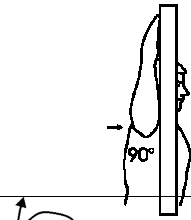
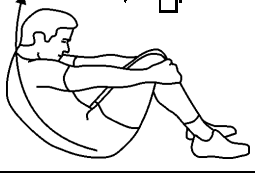

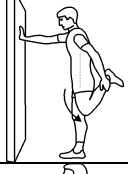
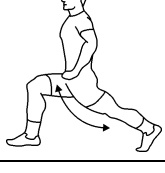
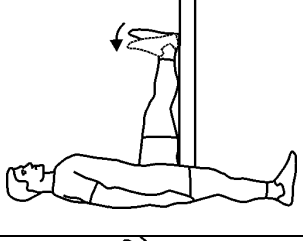


# Total Body Stretching Routine

## Stretching Tips:

- Always warm up before you stretch. Spend 3-5 minutes marching on the spot.
- Hold each stretch for 20-30 seconds.
- Remember that stretching should be gentle and easy, go to the point where you feel the stretch and then back off slightly. Stretching should never be painful. Do not bounce.

**Important:**  
Before you begin any new exercise program, please check with your doctor! Enlisting the help of a qualified Fitness Professional will ensure you effectively use exercise equipment, correctly monitor exercise intensity and perform movements with proper exercise form and technique. Don't be shy - Ask questions!

Stretch Name	Where you Should Feel It	Directions	Picture
<b>Neck</b>	On the side of your neck	<ul style="list-style-type: none"> <li>- Keeping your shoulders dropped and your hands resting by your sides.</li> <li>- Let your head drop to one side.</li> <li>- Do not strain or pull, let the weight of your head do the stretching.</li> </ul>	
<b>Chest</b>	In your upper chest	<ul style="list-style-type: none"> <li>- Standing in a doorway, place your elbow and shoulder at 90° angles with your fingers pointing toward the ceiling.</li> <li>- Place the inside of your forearm on the door jam and push your torso forward until you feel a stretch in your chest.</li> </ul>	
<b>Upper Back</b>	Between your shoulder blades	<ul style="list-style-type: none"> <li>- Seated with your knees bent at 90°, reach your hands onto your knees.</li> <li>- Curl your chin to your chest and arch out your mid back until you feel a stretch in your spine and between your shoulder blades.</li> </ul>	
<b>Low Back</b>	In your Low back and buttocks	<ul style="list-style-type: none"> <li>- Lie on your back with one leg outstretched and the other bent to your chest.</li> <li>- Using your hands pull your knee to your chest until you feel a stretch in your lower back.</li> <li>- Alternate to stretch the opposite side.</li> </ul>	
<b>Quadriceps</b>	In the front of your leg	<ul style="list-style-type: none"> <li>- Standing on one leg (brace yourself if necessary), bend your leg at the knee, bringing your foot to your bum by grasping at your ankle.</li> <li>- Gently pull your ankle towards your same side buttocks.</li> </ul>	
<b>Hip Flexor</b>	In front of your hip	<ul style="list-style-type: none"> <li>- Stand with one leg forward and one leg back in a lunge stance.</li> <li>- Allow your back heel to come up and your back knee to bend toward the ground.</li> <li>- Tilt your pelvis up until you feel the stretch.</li> </ul>	
<b>Hamstring/ Calf</b>	Back upper leg/ lower leg  *you can also use a towel or belt to assist pulling in your leg.	<ul style="list-style-type: none"> <li>- Lying on your back with one leg propped up against a wall, point your toes towards your chest to increase the stretch in the back of your upper and lower leg (calf)</li> <li>- If you don't feel an adequate stretch in your hamstring, you can use your hands to pull the extended leg towards your chest until you feel a stretch. Switch legs.</li> </ul>	
<b>Buttock</b>	In your buttocks	<ul style="list-style-type: none"> <li>- Lie on your back with your knees bent at 90°, place your right ankle on your left knee.</li> <li>- Lift up your left knee until you feel a stretch in your right buttocks.</li> <li>- Support the position by holding your hands behind the left knee.</li> </ul>	