

Upper Body Stretch and Flex

1) Chest

- a. Interlock fingers and place hands behind the head.
- b. Lift your chest high and lean back slightly; squeeze the muscles between the shoulder blades and push your elbows back (opening up the chest).
- c. Hold 15-30 seconds, repeat 1-3 times.



2) Arm Across the Body with Trunk Rotation

- a. Feet – shoulder width apart
- b. Pull the arm across the chest and rotate the torso without moving your feet.
- c. Hold 15-30 seconds, repeat 3 times.



3) Overhead Reach

- a. Grip the fingers of one hand with your opposite hand.
- b. Lift your chest high (lean back slightly); reach up (high) and slightly back.
- c. Hold 15-30 seconds, repeat 1-3 times.



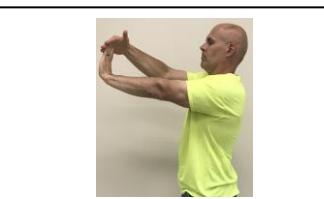
4) Behind the Back

- a. Place the hands behind your back and interlock the fingers.
- b. Lift the chest high, lean back slightly and push your hands away from your backside.
- c. Hold 15-30 seconds, repeat 1-3 times.



5) Forearms

- a. Part 1 - Extend the arm out straight; drop the fingers toward the ground.
 - Pull gently on the knuckles using the opposite hand.
- b. Part 2 - Extend the arm; lift the fingers toward the sky.
 - Gently pull the fingers back using the opposite hand.
- c. Hold 15-30 seconds, repeat 1-3 times.



Lower Body Stretch and Flex

1) Calf Stretch

- a. One foot forward and one foot back. Keep the heel of the back foot (left) pressed to the floor.
- b. Push the left knee forward, toward the big toe, feel tension or slight pull in the left calf.
- c. Hold 15-30 seconds, repeat 1-3 times.
- d. Repeat on the opposite leg.
- e. Hold onto something if necessary (for balance or to increase pressure).



2) Knee Pull

- a. Stand with your feet close together.
- b. Lift one knee and pull it toward your chest using both hands.
- c. Pause for 1 second with the knee elevated and then return the foot to the ground.
- d. Complete 3-5 times on each side.
- e. Lean against a wall or vehicle if necessary.



3) Quad Stretch

- a. Pull your heel close to your buttocks.
- b. Hold 15-30 seconds, repeat 1-3 times.
- c. Repeat on the opposite leg.
- d. Hold onto a wall or vehicle if necessary.



4) Hamstring Stretch

- a. Stand with the feet shoulder width.
- b. Slowly start to lean forward, sliding the hands down your legs.
- c. Pause when you feel a comfortable pull in the back of the legs (keep legs as straight as possible).
- d. Return to a standing position.
- e. Repeat 5-10 times.
- f. Optional: add a twist – reach both hands to the right foot, then to the middle, then to the left. This is a more functional movement.

