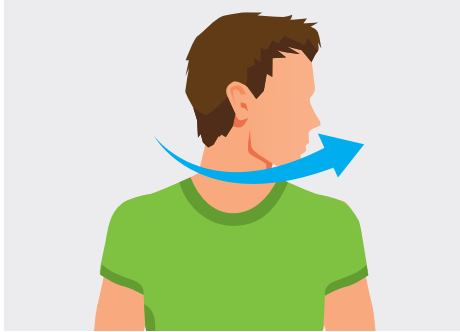


Seated stretches



How to stretch:

- Stretch to a point where you feel mild tension and relax as you hold the stretch.
- Relax your mind and body as much as possible.
- Do not bounce.
- Always stretch within your comfortable limits, never to the point of pain or discomfort.
- Do not compare yourself to others. We are all different.



Neck rotation

From a stable, aligned position turn your chin toward your left shoulder to create a stretch on the right side of your neck. Hold for 5 seconds. Repeat.



Lateral neck stretch

Sit with good posture. Bend your neck sideways by taking ear to shoulder. Hold for 15 seconds. Repeat on other side.



Shoulder shrugs

Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold for 5 seconds, then relax your shoulders down. Repeat.



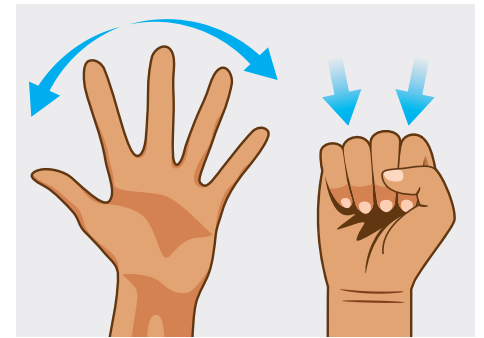
Tricep stretch

Sit/stand and raise your left arm and bend at elbow behind head. Clasp left elbow with right hand and pull back with right hand. Hold for 15 seconds and repeat on other side.



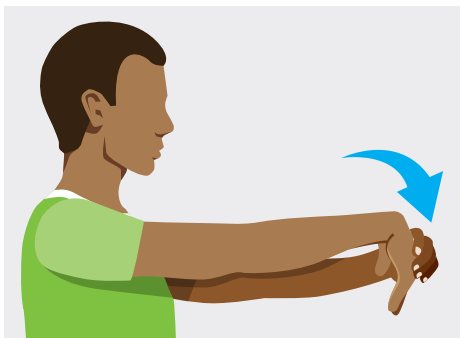
Upper back side bend

Sit/stand with hands clasped behind head. Bend down towards the side as far as comfortable. Hold for 15 seconds. Repeat on other side.



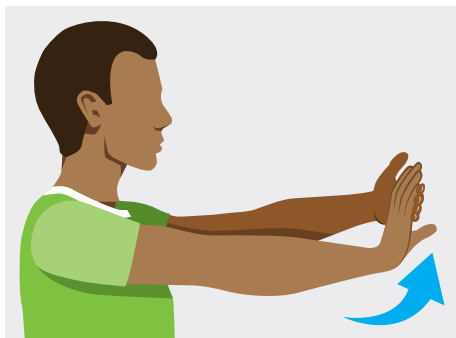
Extend and flex fingers

Separate and straighten your fingers on both hands. Hold for 10 seconds. Relax, then make a fist and hold for 10 seconds. Repeat.



Wrist extensor stretch

With your arms straight out in front of you, bend your wrists with your fingers pointing downwards. Hold for 10 seconds.



Wrist flexor stretch

With your arms straight out in front of you, bend your wrists with your fingers pointing upwards. Hold for 10 seconds.



Wrist flexor & forearm stretch

Place your hands palm-to-palm in front of you. Move your hands downward, keeping your palms together until you feel a mild stretch. Hold for 5 seconds.

Disclaimer: If you have had any recent physical problems or surgery, particularly of the joints and muscles, please consult your professional health care provider before you start a stretching programme. Do not perform stretches if you experience pain or discomfort.

Standing stretches



How to stretch:

- Stretch to a point where you feel mild tension and relax as you hold the stretch.
- Relax your mind and body as much as possible.
- Do not bounce.
- Always stretch within your comfortable limits, never to the point of pain or discomfort.
- Do not compare yourself to others. We are all different.



Neck flexion

Gently tilt your head forward to stretch the back of the neck. Hold for 5 to 10 seconds. Repeat.



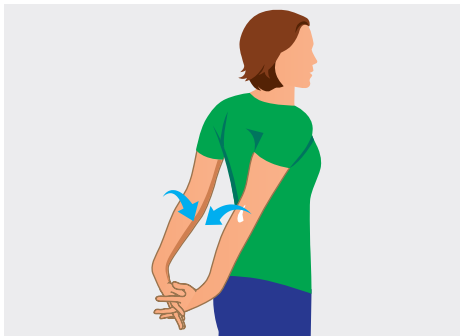
Reach for the sky

Standing or sitting, link your hands and stretch your hands upwards, as if you were trying to touch the ceiling. Hold for 15 seconds. Repeat.



Arm extension

Interlace your fingers, then straighten out your arms in front of you with palms facing out. Hold for 20 seconds.



Chest stretch

With fingers interlaced behind your back, slowly turn your elbows inward while straightening your arms. Hold for 5 to 15 seconds.

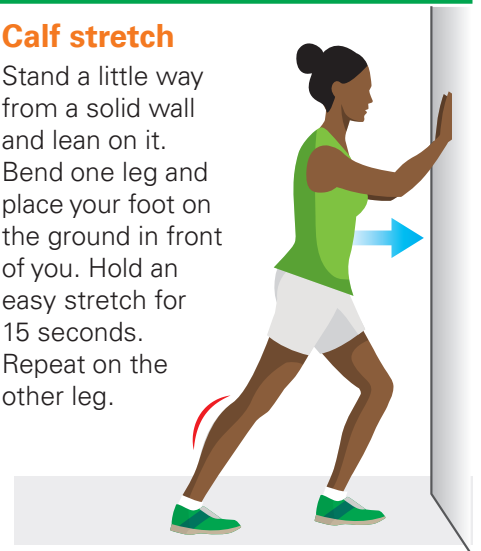


Shoulder stretch

Stretch by bringing one arm across your body, keeping the shoulder lowered and pulling it in with the other arm. Repeat on the other side.

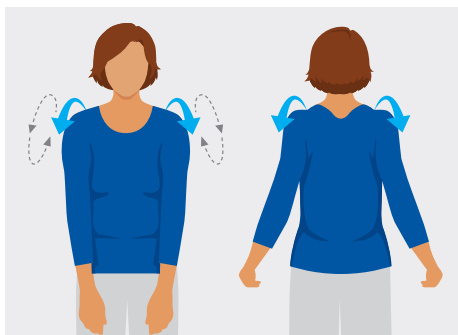
Calf stretch

Stand a little way from a solid wall and lean on it. Bend one leg and place your foot on the ground in front of you. Hold an easy stretch for 15 seconds. Repeat on the other leg.



Wingspread

With your fingers laced behind your head, keep your elbows straight out to the side with your upper body in a good, aligned posture. Squeeze shoulder blades together. Hold for 5 seconds.



Shoulder rolls

Slowly circle shoulders forward several times, then backwards.

Standing back bend

Stand up straight and place hands on lower back. Lean backwards as far as comfortable to stretch the lower back. Hold for 15 seconds.

