

## SIDE BEND

STRETCHING

:10 :20 :30  
BEG INT ADV



- Begin in a seated position with arms at sides
  - Extend left hand to sky and slowly bend right from waist
  - Select time based on fitness level (then switch arms)
- Tip: Take several deep breaths to relieve stress / promote relaxation

## HANDS OVER HEAD

STRETCHING

:10 :20 :30  
BEG INT ADV



- Begin in a seated position with arms relaxed at sides
  - Raise both hands over head until back of hands touch
  - Stretch hands to sky
  - Select time based on fitness level
- Tip: Take several deep breaths to relieve stress / promote relaxation

## GLUTE

STRETCHING

:10 :20 :30  
BEG INT ADV



- Begin in a seated position with both feet flat on floor
  - Cross right calf over left thigh
  - Gently lean forward into stretch
  - Select time based on fitness level (then switch legs)
- Tip: Take several deep breaths to relieve stress / promote relaxation

## SHRUG

STRETCHING

:10 :20 :30  
BEG INT ADV



- Begin in seated position with arms at sides
  - Maintain good posture with back straight & feet flat on floor
  - Slowly raise shoulders straight up toward ears
  - Pause at top for allotted time based on fitness level
  - Return to starting position
- Tip: Take several deep breaths to relieve stress / promote relaxation

## TRICEPS

STRETCHING

:10 :20 :30  
BEG INT ADV



- Begin in a seated position with arms relaxed at sides
  - Place left hand to back of neck
  - Grasp left elbow and gently pull down toward head
  - Select time based on fitness level (then switch arms)
- Tip: Take several deep breaths to relieve stress / promote relaxation

## WRIST FLEXION/ EXTENSION

STRETCHING

:10 :20 :30  
BEG INT ADV



- Flexion
- Extend left arm to front, palm facing back to you
  - Gently press down on top side of left hand
  - Select time based on fitness level (then switch hands)



- Extension
- Extend left arm to front, palm facing away
  - With right hand, grasp fingers of left hand on palm side
  - Gently pull left hand back toward body
  - Select time based on fitness level (then switch hands)