

NECK STRETCH

Lower your right ear to your right shoulder and hold the stretch for 20 – 30 seconds, then bring your head back to the centre and slowly lower your left ear to your left shoulder for 20 – 30 seconds.

That is 1 set. Repeat for 3 sets.

Breathing: Inhale through your nose and exhale through your mouth.

Note: A basic static stretch – holding the pose for an extended period – should last about 30 seconds. Anything less than 20 seconds won't make a significant difference in lengthening muscle fibres and tissue; hold too long and you risk injury.



HEAD ROTATION

Start with slight rotations from left to right in a circular motion. Do 3 rotations from left to right then change to the opposite direction and repeat. This is done slow and gentle so you do not hurt or pull any muscles or nerves.

Breathing: Inhale through your nose and exhale through your mouth.



LATERAL SHOULDER STRETCH

Stand tall. Bring your right arm across your chest, holding it behind the elbow with your opposite arm. Keep the shoulders relaxed and away from the ears. Breathe deeply and hold for 20 - 30 seconds. Repeat on the opposite side. (Repeat for 3 sets per side.)

Breathing: Inhale through your nose and exhale through your mouth.



SHOULDER SHRUGS

Raise the top of your shoulders toward your ears until you feel slight tension in your neck and shoulders. Hold this for 20 - 30 seconds, then relax your shoulders downward into their normal position. Repeat 5 times.

Breathing: Inhale through your nose and exhale through your mouth.

Note: A basic static stretch - holding the pose for an extended period - should last about 30 seconds. Anything less than 20 seconds won't make a significant difference in lengthening muscle fibres and tissue; hold too long and you risk injury.

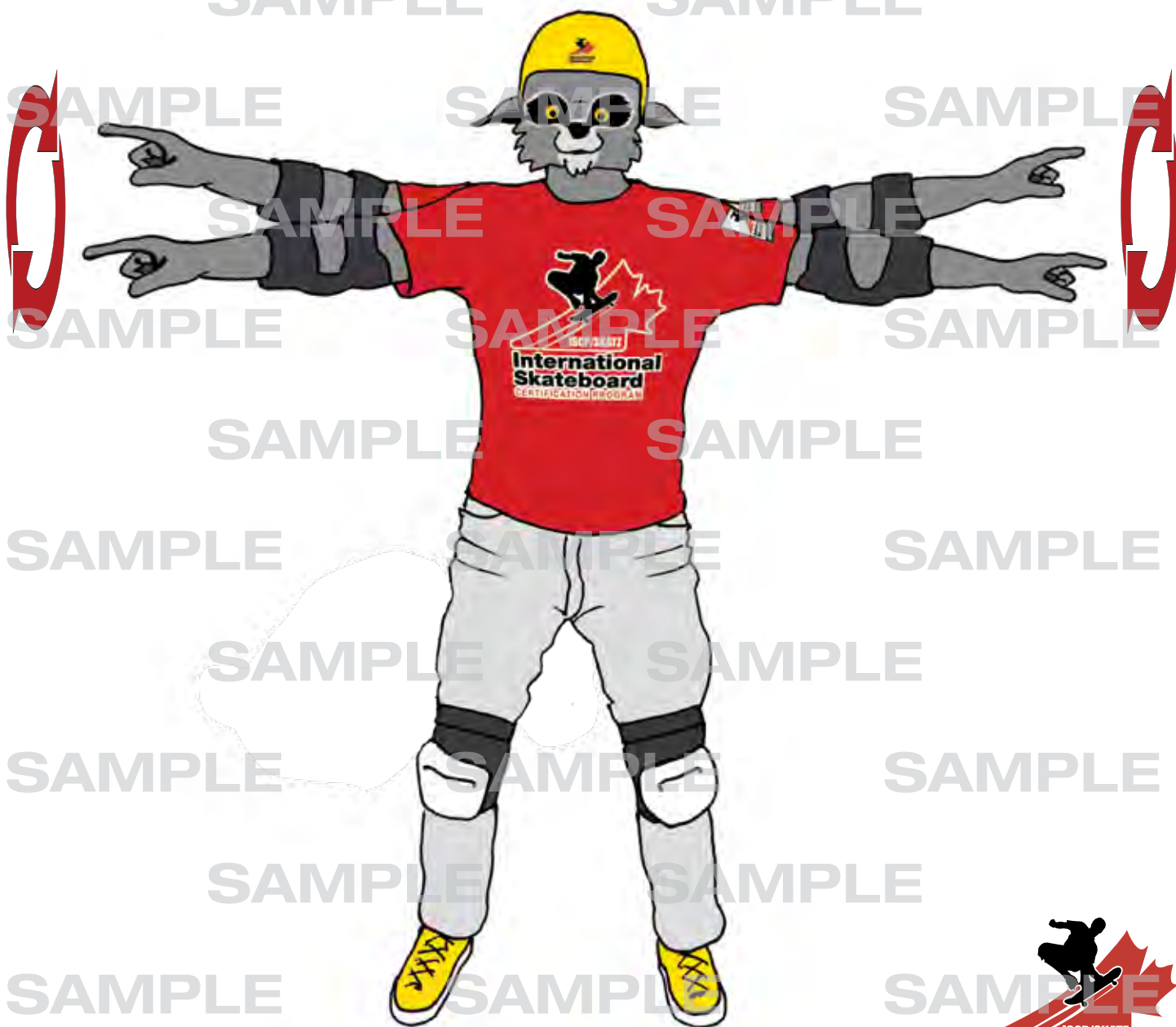


ARM CIRCLES

While standing extend your arms straight out from your sides. The arms should be parallel to the floor and perpendicular to your body.

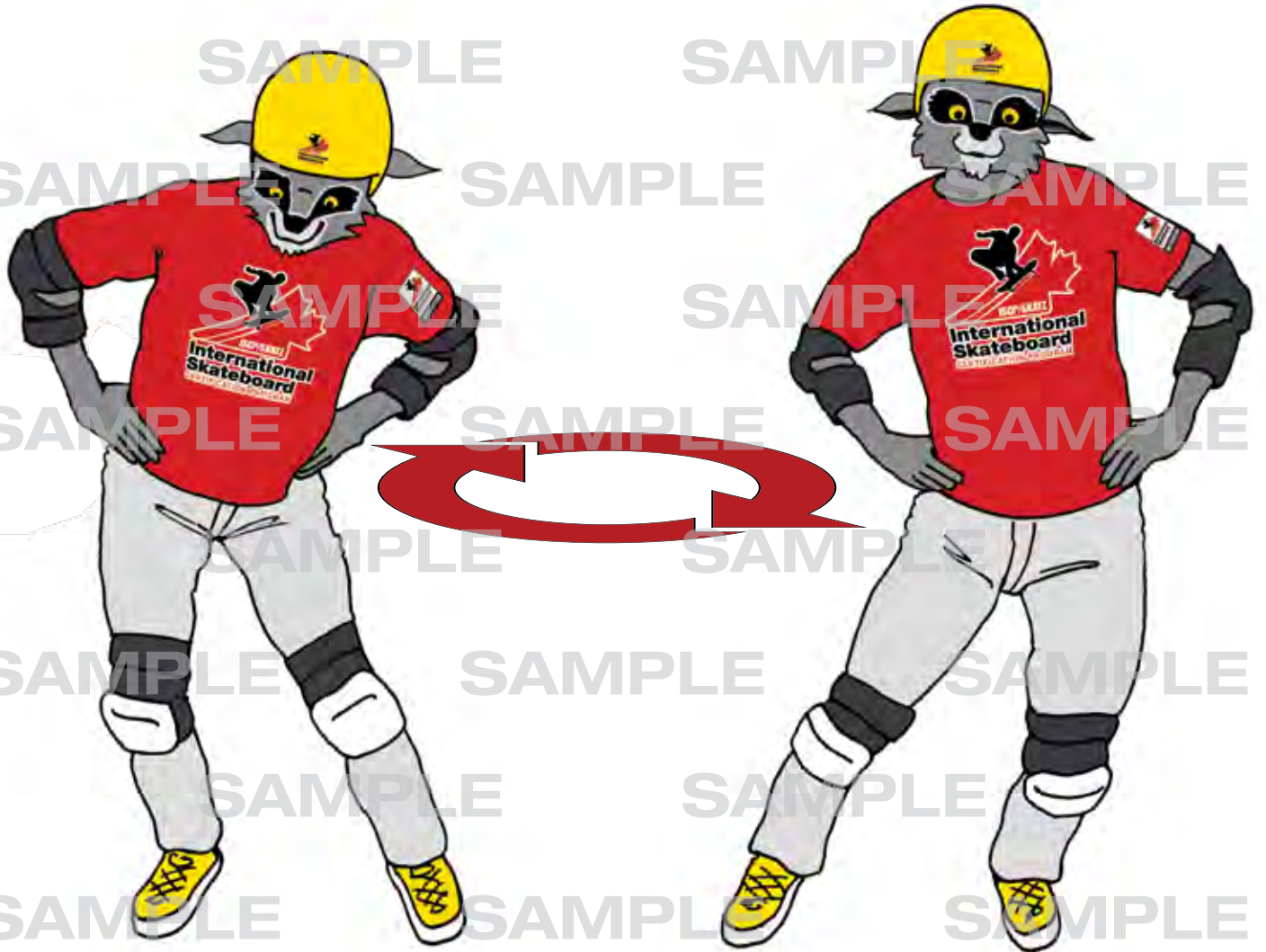
Slowly start to make small circles of about 3 inches in diameter with each outstretched arm, breathe normally. Continue the circular motion and start making bigger circles; finishing with large circles.

Change direction and repeat for 10 times in each direction.



HULA HOOPS

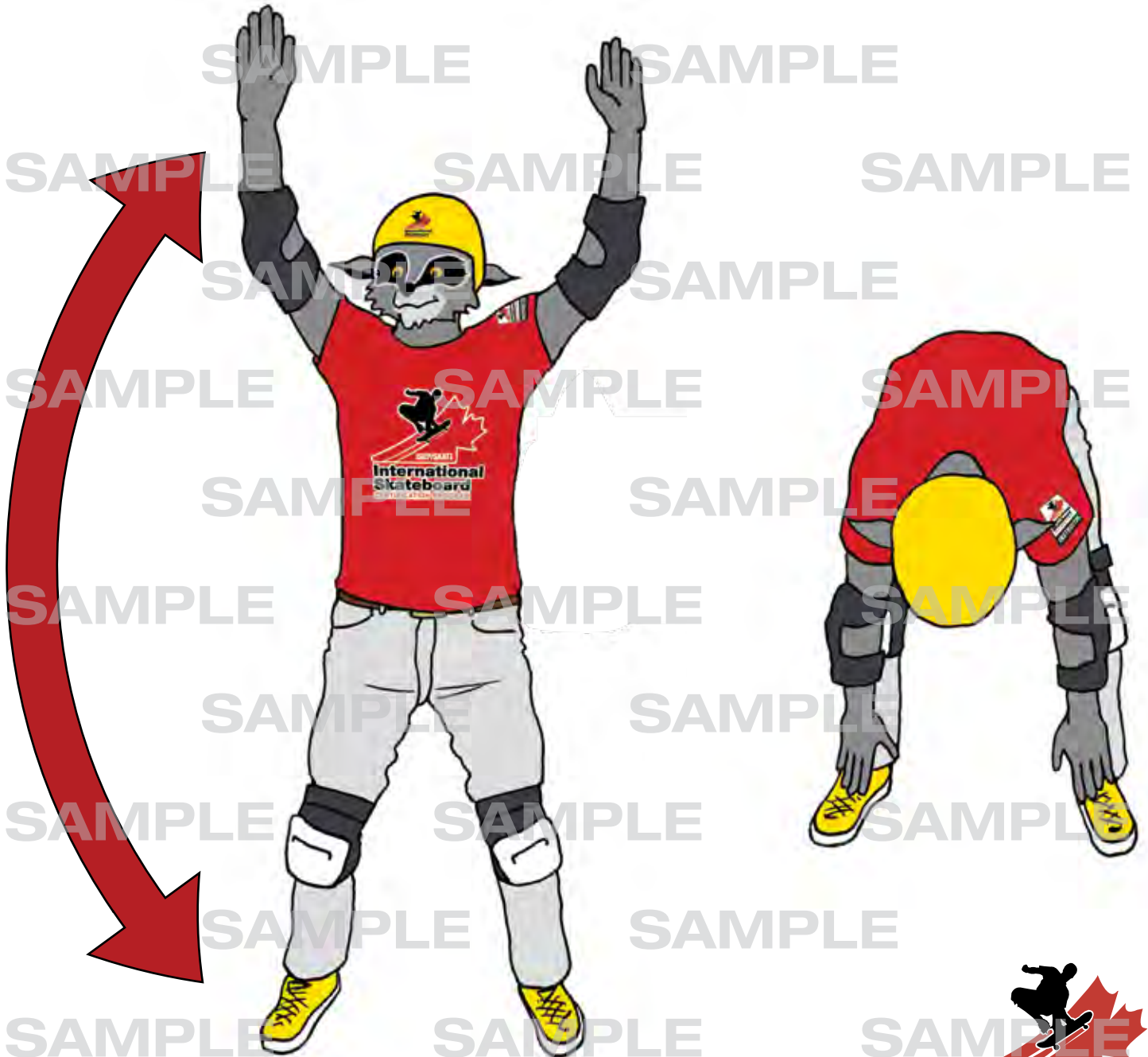
Bend your knees, and keep your feet flat on the floor. Rotate hips in a circular motion to the right 5 times. Change directions and repeat.



LOWER BACK STRETCH

While inhaling, raise your arms above your head, while exhaling bend from the waist and touch your toes. Do this a second time and keep your hands on the floor out to the front of your feet. With legs apart, walk your hands back and hold the back of your ankles. Put your head between your legs and hold this position for a few seconds. Slowly bring your head up, and relax. Repeat 2 times.

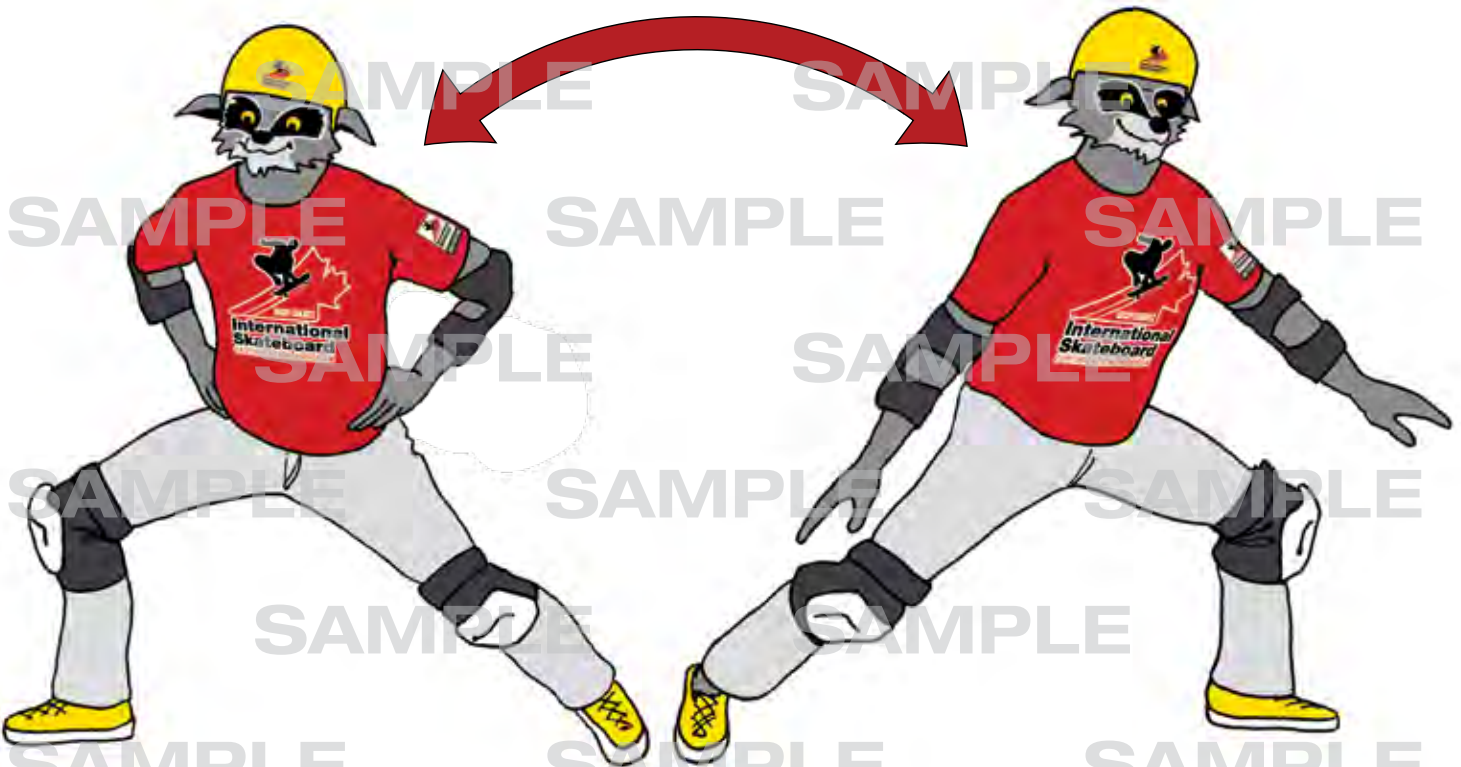
Breathing: Inhale through your nose and exhale through your mouth.



WARRIOR STANCE (Groin Stretch)

Stand with your legs wide apart, shift your weight to the right side, bend your knee, and point your toe to the right. Do not allow your knee to bend beyond the ankle. Hold for 20 - 30 seconds. Switch sides and repeat 2 times each side. Try to keep your hands on your hips or out in the air as illustrated below and avoid putting weight on your knees.

Note: A basic static stretch – holding the pose for an extended period – should last about 30 seconds. Anything less than 20 seconds won't make a significant difference in lengthening muscle fibres and tissue; hold too long and you risk injury.



QUAD STRETCH

Grab your left foot with your left hand, keep your knee pointing down, try to touch your bum with your heel. (If it feels uncomfortable or painful, you are putting too much pressure on the knee joint). Hold the stretch for 20 – 30 seconds; then switch sides, repeat 2 times each side.

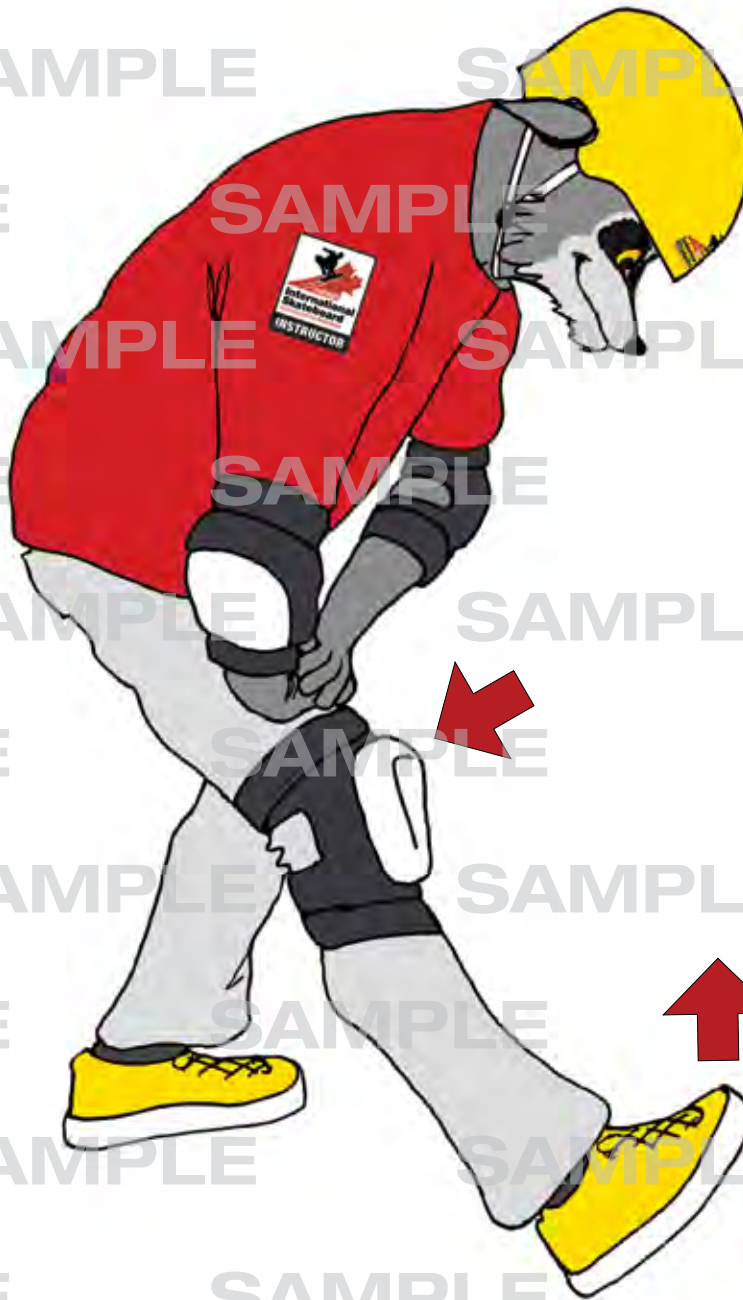
Note: For balance either hold the wall, or put your opposite hand on the back of your neck or on your belly button. A basic static stretch – holding the pose for an extended period – should last about 30 seconds. Anything less than 20 seconds won't make a significant difference in lengthening muscle fibres and tissue; hold too long and you risk injury.



HAMSTRING STRETCH

Extend one leg in front of you and flex your foot. Bend your other knee and lean back slightly; your pelvis should be tilted forward, keep your upper body upright and hold the stretch for 20 – 30 seconds. Switch sides and repeat. You can also press down above your knee for a deeper stretch.

Note: A basic static stretch – holding the pose for an extended period – should last about 30 seconds. Anything less than 20 seconds won't make a significant difference in lengthening muscle fibres and tissue; hold too long and you risk injury.



ANKLE ROTATION

Place your weight on the left foot, with your right foot place your toes on the floor with a little pressure; and rotate the ankle 5 times in each direction. Shake your foot and switch to the other side.



CALF STRETCH

Place 1 foot against the ramp (or ahead of you if on a flat surface), and the other foot behind you, both feet facing the same direction, as illustrated below. Lean forward to stretch the calf of your back leg, trying to keep your back heel on the ground. Switch sides and repeat 2 times on each foot.

Note: A basic static stretch – holding the pose for an extended period – should last about 30 seconds. Anything less than 20 seconds won't make a significant difference in lengthening muscle fibres and tissue; hold too long and you risk injury.

