



Stretching Plan

Each stretch should be held for a count of 15 seconds.

Standing

1. Legs together and touch toes
2. Right foot over left and touch toes
3. Left foot over right and touch toes
4. Spread legs apart and down in middle
5. Legs apart and lean to right side
6. Legs apart and lean to left side
7. Quad stretch, right then left

Sitting

1. Butterfly
2. Legs straight out and touch toes
3. Left leg straight, right foot to left hamstring, touch toes
4. Bring right foot over left leg and bring knee into chest
5. Same position but rotate torso to stretch back
6. Repeat 3, 4, 5 for other leg

Standing

1. Bring right arm across body and stretch
2. Bring left arm across body and stretch
3. Right arm bent behind head
4. Left arm bent behind head
5. Both arms together to touch the sky
6. With hands still raised to sky, lean to right first then to left
7. Rotate head to stretch neck