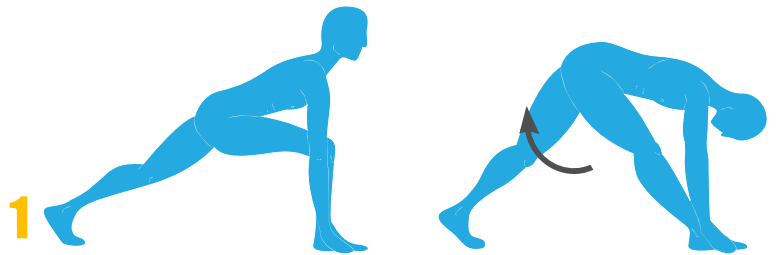


Daily Full Body Stretching Exercises

Remember to always breath when doing stretches

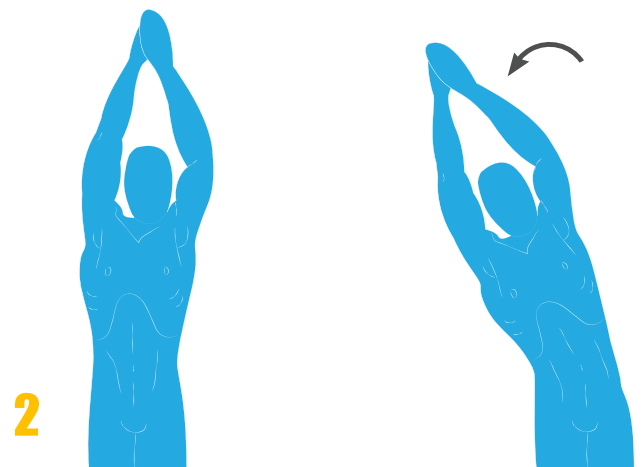
1. The Runner's Stretch

- Step with right foot forward and lower into a lunge.
- Place fingertips on the floor.
- Breathe in, and straighten leg as you exhale.
- Slowly return to the lunge position.
- Repeat 4 times on each side.



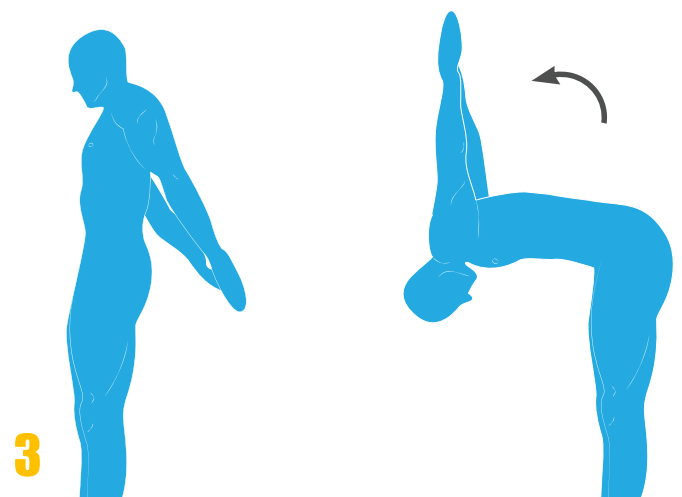
2. The Standing Side Stretch

- Stand with feet together and arms straight overhead.
- Clasp hands together, pointer fingers extended.
- Inhale as you reach upward.
- Breathe out as you bend your upper body to the right.
- Take five slow breaths.
- Slowly return to the centre.
- Repeat on the other side.



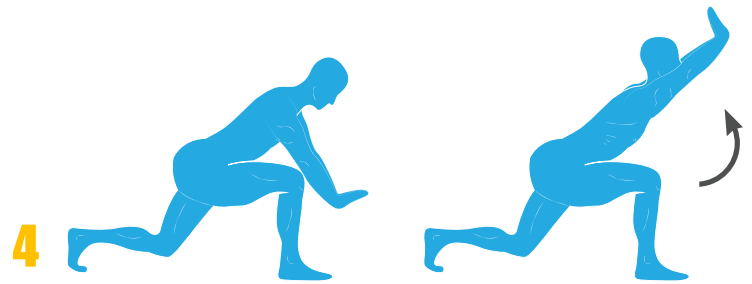
3. The Forward Hang

- Stand with your feet apart and knees slightly bent.
- Interlace fingers behind your back with arms straight (or hold a dish towel.)
- Breath in and bend at your waist as you exhale.
- Let hands stretch toward your head.
- Hold for five deep breaths.



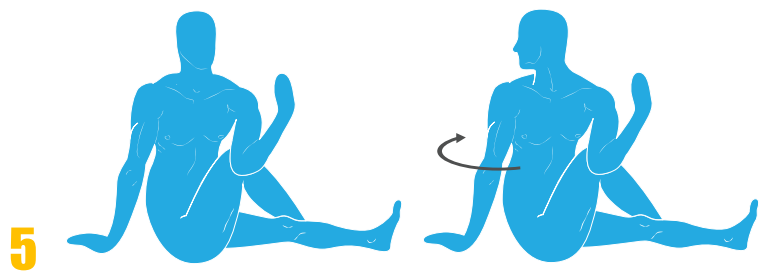
4. The Low Lunge Arch

- Step with right foot forward and lower into a lunge.
- Lower knee onto the floor.
- Bring arms in front of your leg with thumbs together and palms facing the floor.
- Breathe in as you sweep your arms overhead, stretching as far back as is comfortable.
- Take five deep breaths and switch sides.



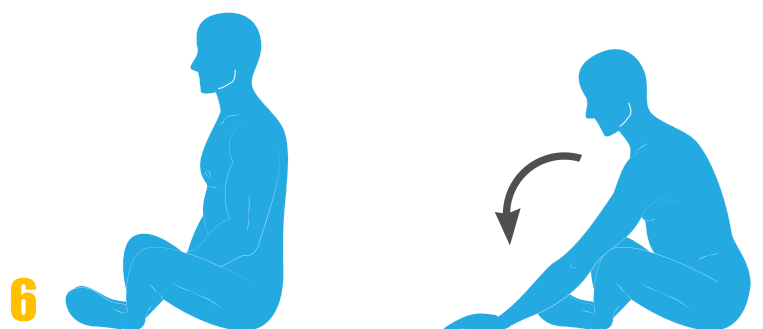
5. The Seated Back Twist

- Sit on the floor with legs straight.
- Bend right knee across the other leg with foot sitting next to the knee.
- Put hand on the floor with fingers pointing outward, for support.
- Hold knee with the back of your arm and turn body to the right.
- Inhale as you sit tall.
- Breathe out as you twist, looking over your shoulder.
- Hold for five breaths and switch sides.



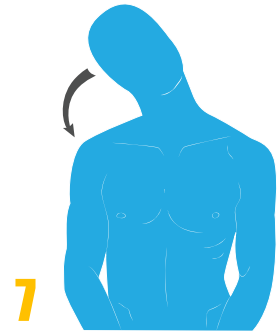
6. The Bound Angle

- Sit on the floor with your legs straight.
- Bend knees and bring the soles of the feet together.
- Let knees drop toward the ground.
- Hold shins as you inhale and stretch your chest upward.
- Exhale as you move forward from your hips, placing palms on the ground.
- Hold for five slow breaths.



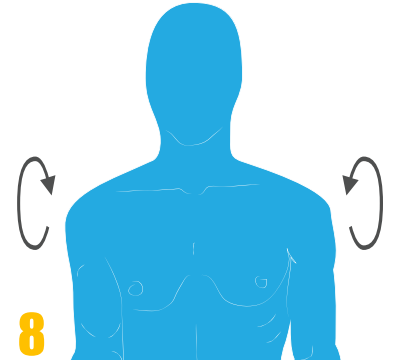
7. Neck Stretch

- Stand straight with feet flat on the floor and knees slightly bent.
- Tilt head forward slowly to bring chin to chest.
- Turn head slowly to chin aligns with shoulder.
- Slowly tilt head to bring ear to shoulder.
- Repeat each side.



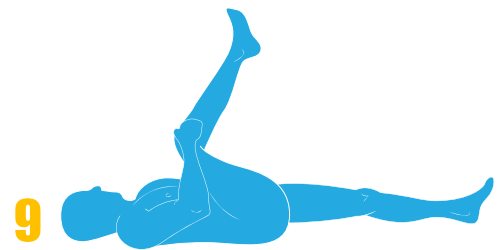
8. Shoulder stretch

- Stand Straight with feet flat on the floor and knees slightly bent.
- Roll shoulders forward in little circles, slowly becoming larger.
- Repeat 10 times on each side, forward and backwards.



9. Hamstring stretch on floor

- Lie down flat, knees bent.
- Hold leg behind the thigh and
- Slowly bring towards chest to feel stretch and hold.
- Repeat on other side.



10. Hip Twists

- Lie down flat, knees bent.
- Rotate hips lowering legs down to the floor.
- Repeat other side.



11. Back extensions

- Lie down flat on stomach.
- Prop up on elbows, arching the back.
- Straighten elbows and tilt head back.
- Hold for 10 seconds at a time.

