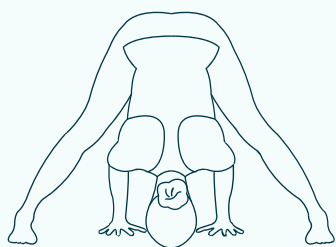


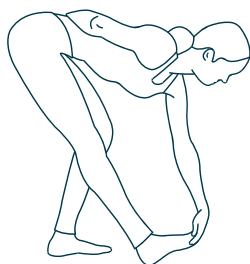
10-Minute Standing Stretches

Stretching is meant to alleviate tension in your body and should feel good. As you work your way through this ten-minute stretching sequence, listen to your body and be sure you respond accordingly!



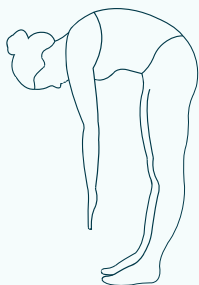
Wide Leg Forward Fold

Begin standing upright with arms relaxed by your side. Widen your stance with feet just wider than hip width apart and toes pointed forward. Gently bend at your hip collapsing your chest and head down and in toward your hips. Using your hand reach back to center between your legs allowing the crown of your head to point toward the floor. Hold for 60 seconds.



Narrow Stance Forward Fold

Begin standing upright with arms relaxed by your side. Place your feet about shoulder width apart. As you inhale bend at the hip rolling your hands down your legs and slowly collapsing your chest and head in toward your legs. Keep your legs as straight as possible. Feel free to lighten one knee and straighten the other at the same time, alternating right to left for a deeper stretch in your hamstrings. Hold for 60 seconds.



Leg Out Calf Stretch

Begin standing upright with arms relaxed by your side. Lengthen your left leg out about a foot in front of you with your heel pressing down into the ground beneath and toes facing up. Slowly bend at your hip as you reach and grab your toes and collapse your chest in toward your leg. If your toes are not accessible, grab hold of the back of your calf or ankle. Breathe and hold for 30 seconds then switch sides.



Tricep Overhead Stretch

Begin by standing upright. Lift your left arm straight overhead and bend your elbow so that your left hand rests on the top center of your back. Place your right hand on your left elbow and gently pull down and in on your left arm. Breathe and hold for 30 seconds then switch sides.



Quad Stretch

Begin standing upright with arms relaxed by your side. Place your left hand on your left hip or on a wall for added support. Kick your right heel up toward your right glute and grab ahold of your right foot or ankle with your right hand. Be sure to keep your right hip inward and directly beside your left leg whilst remaining upright with upper body. Inhale and exhale as you pull your right heel further into your right glute. Hold for 30 seconds then switch sides.



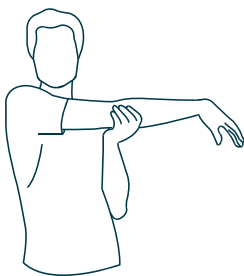
Standing Lunge Stretch

Stand in a split stance with your right front forward and your left foot straight back. Bend your right knee so that it is at about a 90degree angle. This should put you into a forward lunge position. Place your hands on your forward knee. Keep your shoulders relaxed, your hips even, your chest open, and look straight ahead. Press down with your hands and drive the hips forward until you feel a stretch from the front of your hip, groin, and thigh on your left side. Hold for about 30 seconds then repeat on the other leg.



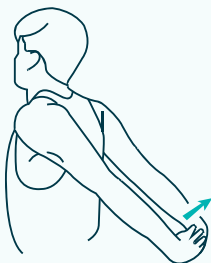
Side Body Stretch

Begin by standing upright. Lift your right arm straight up then reach with your right hand up and over to the left hand side of your body. Remain steady in your hips whilst tilting over stretching out your right side body. Inhale and exhale as you hold here for 30 seconds. With every exhale fold just a tad bit more over to the left. Repeat on the other side for 30 seconds.



Cross Body Stretch

Begin by standing upright. Take your left arm straight out in front of you then cross to the right keeping your arm straight. Place your right hand on the outside of your left arm and gently assist by pulling your left arm toward your body. Be sure you are relaxing your shoulders as you inhale and exhale. Hold for 30 seconds then switch to the other side for an additional 30 seconds



Chest and Shoulder Opener

Begin by standing upright with arms relaxed by your side. Reach behind your back with both arms and clasp your hands together. Actively press your palms together as you allow your shoulders to roll back and down away from your ears shining your chest forward. Inhale and exhale. With every exhale open just a little bit more. Hold for a full minute.