

Every Day Stretches

Upper body

Tips for safe stretching: warm up first, no bouncing, breathe normally, hold each stretch for about 30-60 seconds and only stretch to the point of mild discomfort.

Chest Stretch:

- Stand tall, and bring your arms behind you, clasping one hand inside the other.
- Lift your chest and raise your arms slightly. Resist arching your back as you pull your arms up.
- Keep your shoulders relaxed. Do not force your arms up higher than is comfortable.
- You should feel the stretch across your chest.

Upper Back Stretch:

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Interlock your fingers and push your hands as far away from your chest as possible, allowing your upper back to relax.
- You should feel the stretch between your shoulder blades.

Shoulder and Triceps Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Place both hands above your head and then slide both your hands down the middle of your spine.
- You should feel the stretch in the shoulders and triceps.

Biceps Stretch

- Stand tall with your head and neck in line with your spine. Bend your knees slightly.
- Interlace your hands behind your back with your palms facing away from you and your arms as straight as possible.
- Lift your arms up toward the ceiling as high as you can without bending your arms.
- Hold and release.

Shoulder Stretch

- Stand tall, knees slightly bent or sit upright.
- Bring your left arm across your chest, holding it below elbow with your right forearm.
- Use the forearm to ease the left arm closer to your chest.
- You should feel the stretch in the shoulder.
- Hold and release. Switch arms.



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