

# STRETCHING PROGRAM

## 1 // Cat Cow Stretch



- On your knees and hands on the floor
- On an inhale: drop the belly and take the gaze up toward the ceiling
- Let the movement in the spine start from the tail bone, so that the neck is the last part to move
- On the next exhale: round the spine
- Drop the head & take the gaze to the navel
- Repeat on each inhale and exhale, matching the movement to your own breath
- Continue for 5-10 breaths, moving the whole spine. After your final exhale, come back to a neutral spine

## 3 // Lower Back

- Lie down on your back and pull both knees up to your chest
- Hold your hands on the knees and slowly pull the knees toward your shoulders
- You can also give a gentle rock to each side to massage the lower back



## 5 // Standing Hamstring Stretch

- Place your foot on a chair with your leg extended into a straight leg with toes flexed back towards the shin
- Keep your standing leg straight also
- Maintaining a long straight spine gently lean forwards
- Reaching your hands towards your shin and both legs locked in



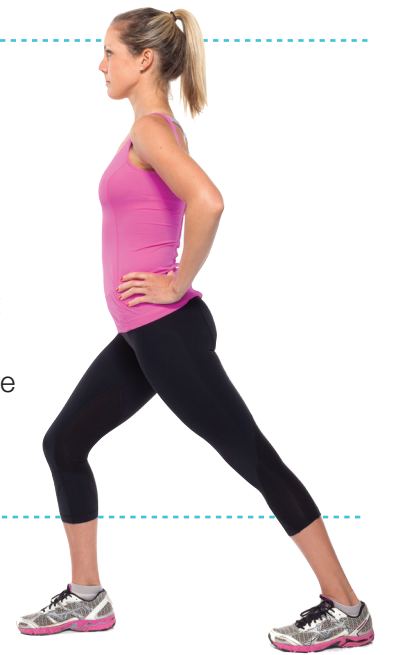
## 2 // Triceps Stretch



- Lift both arms above your head and bend your elbows so that your forearms are behind your head (but not resting on it)
- Gently grasp your right elbow with your left hand
- Keep your face looking forward

## 4 // Calf Stretch

- Stand one foot in front of another
- Both feet facing forward
- Bend the front leg keeping the back leg straight and heels on the floor
- Hands on the hips while keeping the hips square



## 6 // Standing Back Extension

- Stand feet together, legs strong with quadriceps pulling up
- Tuck the tail bone under & suck your tummy in
- Hands are on the buttocks - not the lower back
- Looking forward, roll the shoulders back & down
- Gently arch the spine backwards

## 7 // Neck Side Flexion



- Lower your ear towards your shoulder
- Keep your face looking forwards
- Relax the shoulders
- Hold the stretch for 5 breaths and repeat 2-3 times

