

Stretched and Relaxed

Stretching is the active process of relaxing and lengthening muscles. Stretching helps ready your body for physical exertion and also relax at the end of a busy day. When you stretch, find the position where the muscle begins to stretch. Stop. Back off a little and take a deep breath. Now exhale and slowly apply the stretch. Hold the stretch for 20-30 seconds. Repeat 3 times.

UPPER BODY STRETCHES



Side Stretch

Place one hand on hip, lift up and over with opposite hand



Pectoral Stretch

Bend knees slightly. Clasp hands behind back and reach backward



Tricep Stretch

Reach one hand behind head to opposite shoulder, push elbow down with opposite hand

MUSCLES SUPPORTING THE BACK



The Cobra

Place hands beneath shoulders. Arch back keeping hips on the floor



Standing Back Extension

On the Job: Support back with hands. Take a deep breath, lift chest and press hips forwards



Lying Knee-to-Chest Curl

Curl knees to chest and hug them. Lift chin to knees



Lying Hip-Flexor

Hug knees to chest. Extend other leg



Kneeling Hip-Flexor Stretch

On the Job: Kneel with legs at 90°. Push hips forward



Cross Legged Knee-to-Chest

Place your foot on the opposite knee. Reach around to the lower leg and pull it towards your chest. Lift chin towards knee



Side Release

Lie down with knees bent and hands wide. Press knees and ankles and roll knees sideways



Cross-legged Side Release

Harder Alternative: Place foot on knee, roll sideways



Cat Stretch

Let your back arch down, then create a hump by lowering head and tucking bottom in. Sit back onto feet for worship stretch



LOWER BODY STRETCHES



Seated Hamstring

Bend one leg so your foot touches your inner thigh. Exhale as you lean forward keeping your chest up



Standing Hamstring Stretch

On the Job: Place one foot on chair or step, lean forward keeping chest up



Quad Stretch

Lie on side. Bring top heel to buttocks, keeping body in line



Standing Quadriceps Stretch

On the Job: Pull heel to buttocks with hand

Please see a health professional before beginning an exercise program or if you experience pain or discomfort while exercising. For further information please see your Doctor.