



1. MARCH IN PLACE:

Stand with your feet hip-width apart, slightly bent at the knees, and arms at your sides. As you march, lift one knee high, then bring it back down and repeat with the other leg. Simultaneously, swing your arms in a natural motion, either with bent elbows or reaching higher. Keep your back straight and core engaged.



2. SHOULDER ROLLS:

Stand with your feet shoulder-width apart with your knees slightly bent. Gently shrug your shoulders: upward, towards your ears. Circle your shoulders backward and down, in a smooth, continuous motion. Repeat the motion, moving your shoulders forward and then up, completing a circle. Continue the exercise, alternating between forward and backward rolls.



3. STANDING SIDE TO SIDE REACH:

Standing side to side reach - Stand tall with feet shoulder-width apart, arms by your sides. Raise one arm and reach across your body, feeling a stretch in your side and lifting your opposite foot. Repeat on the other side



4. QUAD STRETCH:

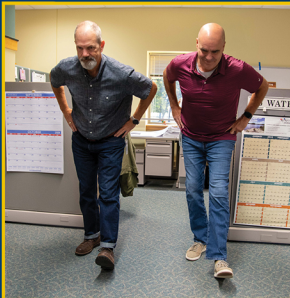
Stand tall and shift your weight to one leg. Lift the opposite foot and grasp it with your hand. Pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. Keep your knees together and your hips squared.

**REMEMBER TO
STRETCH!**



5. CALF STRETCH:

Stand 1-2 ft away from a wall. One leg in front of other with the back leg straight. Place toes of one foot on wall and heel on floor. Start to bend the front leg toward the wall or tire until you feel a comfortable stretch.



6. HAMSTRING STRETCH:

Start with your feet at shoulder-width apart. Extend one leg in front of you and place the heel of the extended leg on the ground in front of you, toes pointing upwards. Hinge at the hips, maintaining a flat back straight and you should feel a stretch in the back of your leg. Slightly bend in the other knee while keeping your hips square.



7. CHEST STRETCH:

Start with your feet shoulder-width apart. Place fingertips on temple and pull shoulder blades back opening the chest. Maintain relaxed shoulders.



8. WRIST STRETCH:

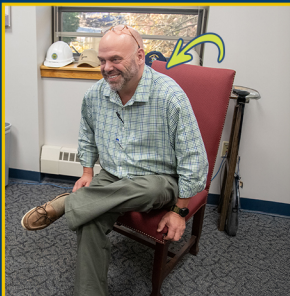
Place the palms together in front of your chest and gently lowering them towards the waist while maintaining full hand contact.

REMEMBER TO
STRETCH!



10. HAND STRETCH:

Begin with your hand and fingers fully extended then slowly close your fingers into a gentle fist. Finally, release the fist and spread your fingers wide, holding this open position for a few seconds. Repeat the open and close movements several times with each hand.



10. GLUTE STRETCH:

Sit upright in a chair and cross one leg over the opposite shin or thigh. Hinge at your hips: Lean forward gently, keeping your back straight, until you feel a stretch in your buttock.



11. LOWER BACK STRETCH:

Sit on the edge of your chair with one foot flat on the floor and the other leg extended forward, heel resting on the ground. Hinge at your hips, leaning forward until you feel a stretch in your lower back. Keep your back and extended knee straight and hold the stretch for a few seconds.

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