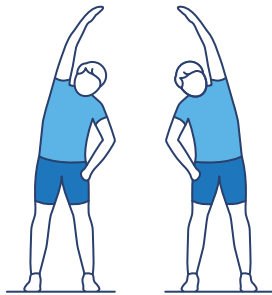


# How to Stretch and Flex

A little bit of movement to start your day can go a long way in making your body and brain more alert, and to help reduce the likelihood of mistakes or accidents.

Be sure to move in and out of the stretches slowly, holding each stretch for 15 seconds at a gentle level and breathing normally throughout.

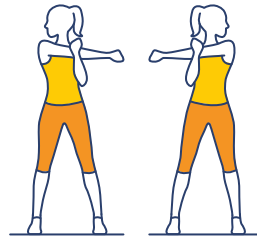


Increases your bloodflow

## 01. Warm up

Move body from side to side transferring weight

Continue to commute & stretch the opposite arm to the side, above the head

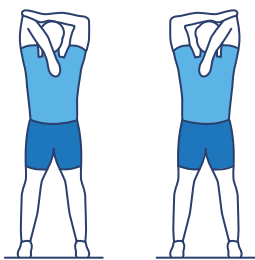


Targets shoulders & upper back

## 02. Shoulder

Extend your right arm straight forward & thumb up

Swing the arm left until it is close to your chest, turn head in opposite direction. Alternate between shoulders

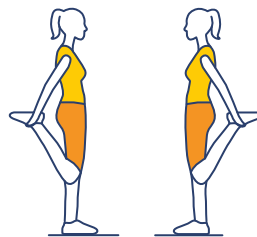


Targets triceps & lats

## 03. Tricep

Bend knees, raise right arm & place your palm between shoulder blades

With your left hand grasp your right elbow, pull up & back gently

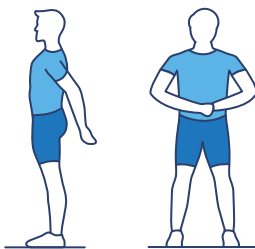


Targets front thighs

## 04. Quadricep

Stand upright on left leg & bring your right foot up behind your thigh, keep your knees together

Grasp the foot with your right hand & pull up gently

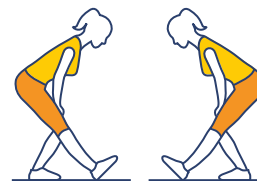


Targets shoulders & upper back

## 05. Shoulder release

Extend arms behind back & clasp hands. Tilt your wrists upward slightly

Pull your hands up gently by bending at elbows; hold the stretch. Alternate sides

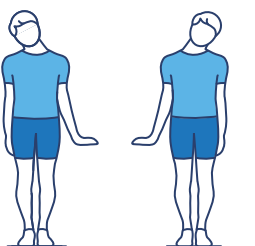


Target hamstrings & back thighs

## 06. Hamstring

Extend right foot at a slight angle, 1-2 feet in front of left foot

Lift toes on right foot, keeping the heel on the ground. Alternate sides

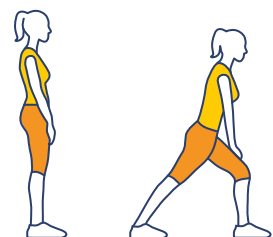


Targeting neck & collar muscles

## 07. Neck

Tilt your head slowly forward & tuck your chin

With head up & eyes forward tilt your head to the right while extending your left arm, keep your palm parallel to the ground pushing downward

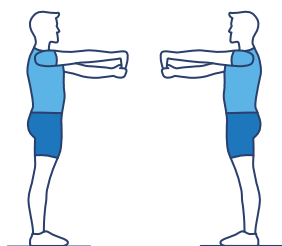


Targets calves & achilles tendon

## 08. Calf

Stand with your left foot forward and extend your right foot backward in line with your left foot

Keep your back straight, head up, eyes forward & both heels flat on the ground. Bend knee and lean forward

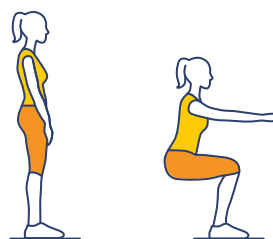


Targets wrists, hands, & forearms

## 09. Forearm

Extend your right arm & raise your hand at the waist, with fingers pointing up

With your left hand, pull fingers/palm back gently to the level of comfort. Then alternate by pointing fingers down. Repeat



Targets quads, hamstrings, & glutes

## 10. Squats

With feet shoulder width apart, bend slowly at the knees, lowering your rear end back & down. Keep knees behind toes & thighs parallel with the ground

Keeping your weight on your heels, rise slowly. Repeat