



Scan this QR code to follow along with this stretch routine.

Full-Body Stretches

Gabriela Murza



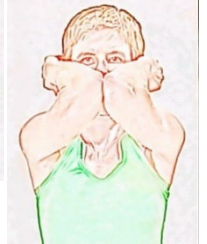
1- Neck moons: With chin toward chest, move head side to side 10 times.



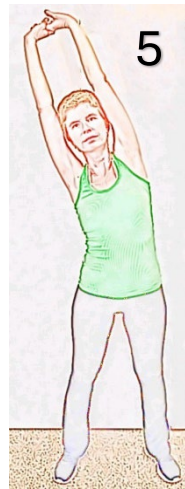
2- YTW: Form the letters Y, T, W 10 times (arms down to sides between each).



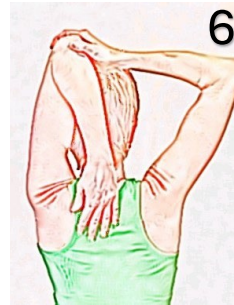
3- Shoulder gators: Arms out and in 10 times.



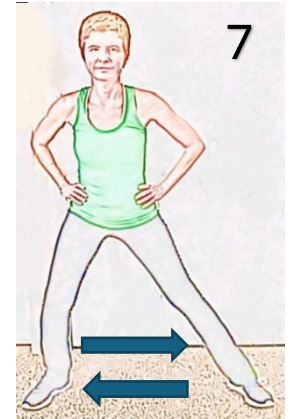
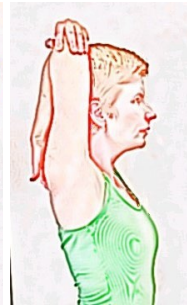
4- Flexion/Extension: Hold for 15 sec. up then down, each hand.



5- Overhead reach with side bend: Hold for 15 sec. each side.



6- Tricep: Hold for 15 sec. each arm.



7- Lateral hip openers: Move side to side 10 times.



8- Quadricep: Hold for 15 sec. each leg.



9- Knees to chest: Lift each leg to chest 10 times.



10- Hurdle steps: Lift leg up and to the side 10 times each leg.



11- Calf: Hold for 15 sec. each leg.



12- Figure four: Hold for 15 sec. each leg (shown lying or sitting).



13-Hamstring: Hold for 15 sec. each leg.



14- Flexion/Extension: Tap foot up and down 10 times each.

