

Static Stretching

Now after completing our exercises we need to do some static stretching to help the muscles maintain our range of motion and help the muscles to repair themselves by increasing blood flow to those areas.

Neck Stretch

Interlock fingers behind your head. Slowly push down on your head, bringing your chin to your neck until you feel a stretch in the back of your neck. Hold for 10 seconds and then repeat.



Shoulder Stretch

Cross left arm across your body at shoulder level, grasp it with your right arm, holding it in place. Hold stretch for 20 seconds and repeat with opposite arm.



Upward Stretch

Extend both hands straight above your head, palms touching. Inhale, slowly pushing your hands upward, then backward, keeping your back straight. Hold the stretch for 20 seconds.



Downward Dog Stretch

Place your hands and feet on the floor about 4 feet apart. Make sure your heels are on the ground. Raise your hips into the air keeping your palms and feet on the ground. You should feel a stretch through your back and down the back of your legs. Hold for 20 seconds.



Calf Stretch

Standing with your feet shoulder width apart, step your left foot forward about 1 foot. Keeping your left leg straight, bend your right leg and lean forward at the waist, you should feel a stretch through your left calf. Hold for 20 seconds and repeat with the opposite leg.

