

HEAD TO TOE CLASSIC STRETCH ROUTINE

Exercise module

- Exercise as usual, or warm up for five minutes with light movement.
- Follow the stretch sequence described.
- Hold each stretch for 30 seconds, relaxing and breathing throughout.
- Repeat each sequence, switching sides when appropriate. Perform this routine standing, with feet hip distance apart. Maintain good posture throughout.

Head & Shoulders (Stretches the shoulder and neck)

- With your arms behind you at waist level, grasp just above your right wrist with your left hand. (Don't pull on the joint.) Inhale.
- Exhale, slowly pulling your right arm down and across your back. Tilt your head to the left. Hold for 30 seconds.
- Release and switch sides.

Hamstring Stretch (Stretches back of thigh, calf and Achilles tendon)

- Place one hand on a chair or wall, and turn sideways.
- Flex your inside foot and extend that leg 8 to 10 inches in front of you.
- Bend your supporting knee and lean forward from the hips, contracting abdominals for support. Exhale and hold for 30 seconds.
- Switch sides and repeat.

Quadricep Stretch (Stretches front of thigh)

- Stand four to six inches from a wall, feet together & knees soft.
- Raise your right heel toward your rear end. With your left hand, grasp your right ankle sock/shoe, touching the wall for support.
- Gently press your foot closer to your rear until you feel a light stretch in your front thigh. Exhale and hold for 30 seconds.
- Switch sides and repeat.

Calf Stretch (Stretches calf and Achilles tendon)

- Face a wall or step from four to six inches away.
- Flex your foot up and against the wall, scooting your heel as close as possible to the base of the wall.
- Lean into the wall, with your leg straight but without locking your knee.
- Exhale and hold for 30 seconds.
- Switch sides and repeat.

Bear Back (Stretches the upper back and shoulders)

- Cross your right arm over your left, giving yourself a hug. Inhale.
- Exhale and slowly curl your upper spine. Hold for 30 seconds.
- Inhale again, then exhale as you return to a neutral position.
- Switch arms and repeat.

Standing Side Stretch (Stretches the neck, shoulders & torso)

- Raise your right arm over your head. Inhale.
- Exhale and curve over to your left, sliding your left hand toward your knee for support. Relax your neck. Hold for 30 seconds.
- Slowly return to neutral and repeat on other side.

Standing Back Spiral (Stretches the back & sides of the torso)

- Place your hands on your hips and bend your knees slightly. Inhale.
- Exhale and slowly twist right at the waist, letting your chest and head follow, until you feel a gentle stretch in your sides and back. Hold for 30 seconds, then return to neutral.
- Repeat on other side.

Wake-Up Stretch (Stretches chest, shoulders & abdominals)

- Place your hands on your buttocks for support. Inhale, then exhale.
- Starting at the top of the spine (between your ears), and slowly arch backward. Let your knees bend gently; go only as far as you're comfortable (a few inches is fine). Lift your eyes to the ceiling. Hold for 30 seconds.
- Inhale and return to a neutral position. Repeat.