

STRETCH AND FLEX PROGRAM

PRE-WORK WARM-UP STRETCHING PROGRAM



SHOULDER SHRUG WITH HIGH REACH (Target: Biceps, Lats, Forearms)

Shrug shoulders while raising arms overhead, above shoulders
Extend your body upwards on your toes
Extend and spread fingers
Hold for 20 seconds



LATERAL STRETCH (Target: Lats, Obliques)

Place right hand on hip
Extend bent left arm overhead
Bend upper body and head to the right
Hold for 20 seconds
Repeat on the opposite side



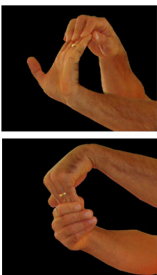
UPPER TRUNK STRETCH (Target: lower back, abdominals)

Stand with your feet about 12 inches apart
Support the small of your back with your hands
Pull in your stomach and take deep breath
Arch back slowly, and exhale
Bend your head and neck as you go



FOREARM & FINGER STRETCH (Target: wrist, fingers, forearms)

Stretch arms forward and point fingers up
Grasp fingers with opposite hand and pull back slightly for 15 seconds
Then point fingers down
Grasp fingers with opposite hand and pull back slightly for 15 seconds
Switch to other hand



CHEST STRETCH (Target: chest, shoulders)

Put shoulders back
Grasp hands behind your back
Raise hands slightly while bending forward slightly
Hold for 20 seconds



ROTATOR CUFF STRETCH (Target: shoulders, rotator cuff)

Place shoulders back
Raise arm and place hand behind back
Reach as if you were scratching your upper back
Hold for 20 seconds
Repeat with other arm



CALF STRETCH (Target: calves)

With feet shoulder width apart, place left leg forward
Keep right leg straight and feet flat on the floor, bend left knee and place both hands on it
Move hips forward, hold for 20 seconds
Switch legs and repeat



HAMSTRING STRETCH (Target: hamstrings)

Place feet apart beyond shoulder width
Bend forward, keeping back straight
Try to touch the floor with both hands
Hold for 20 seconds



QUAD STRETCH (Target: quadriceps)

Brace yourself on a stationary object
Grasp right ankle behind hips with right hand
Hold for 20 seconds then repeat with left ankle

Be relaxed • Breathe normally • Do not over stretch to point of pain • Do not bounce - move slowly • Stop if you feel pain or dizziness.