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Stretching Ideas



Deltoid Stretch- Stand with your feet shoulder width apart and place one arm across your chest, keeping the elbow of the same arm straight, and its shoulder down. With your other arm or hand, pull the straightened arm into your body. Hold the stretch and repeat it, switching the roles of each arm.

Tricep Stretch- Stand with your feet shoulder width apart and extend one arm overhead. Bend the elbow of the extended arm so that you are touching your shoulder (or close to it). Carefully (so you don't incur discomfort in your shoulder joint) pull your elbow backward with your other hand. Hold the stretch and repeat, using your other arm.



Deltoid Stretch- Stand with your feet shoulder width apart and your hands clasped together behind your back. Slowly pull your shoulder blades together and, if possible, elevate your arms toward the ceiling. Hold the stretch and repeat.



Hamstring stretch- Place one foot in front of the other. The front foot will be the hamstring that you are stretching. Keeping your front leg straight and your back leg slightly bent, lift your toes on your front foot. Slowly bend forward from the hips. Place your hands on your standing leg for balance. Hold the stretch and repeat, using your other leg.



Quadricep Stretch- Stand on one foot while grabbing the other foot with the hand on the same side. You may hold your other arm out for balance. Pull the leg you are stretching slightly towards your

backside while tightening your gluteus muscle (or buns). Hold the stretch and repeat, using the other leg.

Calf Muscle Stretch- Stand with one leg the other. Lean onto your front leg, bending at feel a slight burn in the calf of your back leg. straight. Hold this stretch and repeat, using the



slightly in front of the knee, until you Keep your back other leg.



Back Stretch-

Stand with your feet wide apart. Bend your knees. Lean forward, bending at the waist, and place your hands slightly above your knees on each leg. Keep your back straight and lean over one leg. Hold and repeat, leaning over the other leg.



Flat Back/ Arch Back Stretch- Stand with your feet shoulder width apart. Bend your knees. Bending at your waist, place your hands on your knees. Keep your back straight. Hold and slowly roll up one vertebrae at a times until you are in a straight standing position.

