**STRETCH AND FLEX**

**STRETCHING PRINCIPLES**
- Only stretch to your level of comfort, it’s okay to modify the stretch.
- Bouncing while stretching can make your muscles less flexible.
- Stand with feet spread shoulder width apart and knees slightly bent.
- Move in and out of stretches slowly (2-3 seconds each).
- Hold each stretch for 8-10 seconds at a gentle level and breathe normally throughout.
- Protect your back by keeping head up and eyes forward.
- Relax fully after each stretch.

**WARM-UP**
- Stretching muscles through large muscle group exercises:
  - Deep side to side (10 times)
  - Toe to elbow (10 times)
  - Shoulder shrug motions (10 times)

**SHOT PUT**
- **Continue warm up**
  - With feet flat planted, turn your body toward the planted foot and reach high.
  - Remember to pivot opposite foot to avoid back strain.
  - Satchet planted foot and repeat in other direction.
  - Repeat entire motion 8-10 times.
  - Reach high above your head.
  - Reach straight out to the middle of body.

**SKYWARD REACH**
- **Target groups:** loin, biceps, suprailiac muscles.
  - Reach straight up, hands forward, chin raised, arms extended.
  - Continue reaching, lean forward, twist arms or fingers point down.
  - Face hands out and hold.
  - Bring arms down slowly.

**CHEST**
- **Targets:** chest, biceps, and forearms
  - Tilt your arms back to the side of your body and parallel to the ground.
  - Spread your arms slowly and hold them straight out in front of your body.
  - Slowly pull in arms at elbow and push back out.

**TRICEP**
- **Targets:** triceps and forearms.
  - Stand right arm straight and extend arm to back of your head.
  - Reach high above your head.
  - Reach straight out in the middle of your body.

**SHOULDER**
- **Targets:** shoulders and upper back.
  - Keeping your hips and shoulders straight, extend your right arm straight forward and reach up.
  - Maintain that position using left arm extended until it is close to your chest.
  - Turn your head in opposite direction and grasp your right shoulder while your left hand holds gently.
  - Repeat entire sequence with your left shoulder.

**NECK**
- **Targets:** neck and collar muscles.
  - Lift your head slowly forward and back up.
  - Next, with head up and eyes forward, you need to lower your neck, while raising your left arm, point to the ground pushing downward.
  - Next, with head up and eyes forward, you need to turn the neck to the right side, while raising your right arm, point to the ground pushing downward.
  - Don’t take your neck to full circle.

**FOREARM**
- **Targets:** wrists, hands, and forearms.
  - Extend your right arm and place your palm straight out at your sides.
  - With fingers and palms spread against the back of your right hand.
  - Repeat entire sequence with your left shoulder.

**SHOULDER RELEASE**
- **Targets:** shoulders, and upper back.
  - Stand arm bent and elbow raised up.
  - With your hands spread equally, pull your hands up gently by bending at elbow, above, back of neck.

**CALF**
- **Targets:** calves and Achilles tendon.
  - Stand with your left foot forward.
  - Extend your right foot 1-2 feet back, in line with your left foot.
  - Keep your back straight, head up, neck toward and both hands flat on the ground.
  - Bring your left knee sharply and knee forward until you feel the stretch, bring right hand on your left knee.
  - Repeat entire sequence for left calf.

**HAMBRENGT**
- **Targets:** ahmberget muscle.
  - Extend right foot out at a right angle, 1-2 feet in front of left foot.
  - Lift left leg right, keeping the back on the ground.
  - Lean forward slightly at the waist, and bring your left arm is the left side of your right leg.
  - To release this stretch, slow your move up further to a more comfortable position.
  - Repeat entire sequence on left and right.

**QUADRICIP**
- **Targets:** quadriceps and thighs.
  - Stand with your feet flat and spread slightly more than shoulder width apart.
  - Bend slowly to sit between, lowering your nose and end back and down.
  - Slowly pivot your back to bring your hands up to your head.
  - Remember to pivot your back to bring your hands up and eyes forward.
  - Keep your knees bent at the point of your hips and high parallel to the ground.
  - Remember your weight on your back, nice firmly.
  - Repeat entire sequence 3-5 times.

**SQUATS**
- **Targets:** quadriceps, hamstrings, and glutes.
  - Stand with your feet flat and spread slightly more than shoulder width apart.
  - Bend slowly to sit between, lowering your nose and end back and down.
  - Always protect your back to bring your hands up and eyes forward.
  - Keep your knees bent at the point of your hips and high parallel to the ground.
  - Remember your weight on your back, nice firmly.
  - Repeat entire sequence 3-5 times.