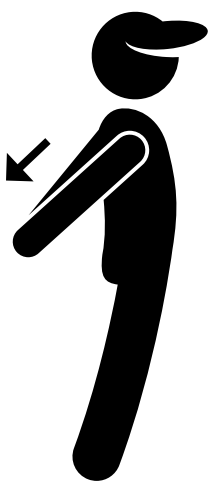
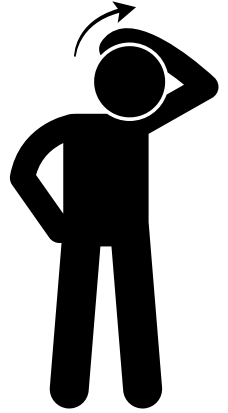


Quick & Easy Stretching Guide

Left & Right Lateral Neck Flexion

1. Start with tilting your head to the right side
2. Aim to have the right ear close to the right shoulder
3. Hold for 20 seconds & repeat on opposite side

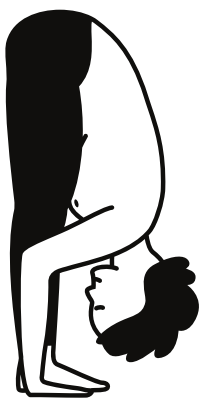
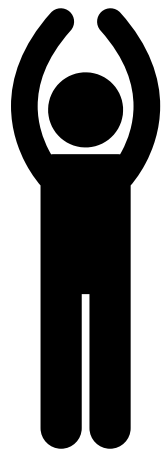


Chest Stretch

1. Start with both arms extending straight behind you
2. Fingers should be interlocked
3. Push arms back and up to feel a stretch for 20 seconds

Back and Shoulder Stretch

1. Start by bringing both hands up above your head
2. Bring hands together
3. Hold for 20 seconds & lift your torso tall as possible



Hip Stretch + Forward Fold

1. Fold forward at the hips
2. Aim to touch your toes or a sturdy support
3. Hold for 20 seconds

Quad Stretch

1. Start by bending one knee and grab the ankle or foot to feel the stretch in the quads
2. Use a chair or a wall for support if needed
3. Hold for 20 seconds & repeat on other side



Standing Lunge Stretch

1. Start with one foot behind the other in a lunge position
2. The back leg should be straight and the front leg should have a slight bend
3. Hold for 20 seconds, repeat on other leg