

Top 5 Stretches

Upper Body

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| 1. German Hang | 3 X 20-30 Seconds |
| 2. Bent Arm Tricep/Shoulder Extension | 3 X 30 Seconds |
| 3. Single Arm Impingement Stretch | 3 X 20-30 Seconds (Each Arm) |
| 4. Inlocates & Dislocates | 2 X 15 |
| 5. Neck Stretch | 2 X 15 Seconds (Each Side) |

Mid Body & Chest

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| 1. Single Arm Pec Stretch Against Wall | 3 X 15 Seconds (Each Arm) |
| 2. Lat Stretch | 3 X 15 Seconds (Each Side) |
| 3. Seal to Downward Dog | X10 (5 Seconds Hold in Each) |
| 4. Seated Bent Leg Cross Over | 3 X 15 Seconds (Each Side) |
| 5. Cross Overs | 3 X 15 Seconds (Each Side) |

Lower Body

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| 1. Glute Stretch | 3 X 30 Seconds (Each Side) |
| 2. Quad Stretch Against Wall | 3 X 30 Seconds (Each Leg) |
| 3. Calf Stretch & Rotations | X10 for 5 Secs & X5 Rotations
Each Direction (Each Leg) |
| 4. Pike Fold Feet Flexed Against Wall | 3 X 30 Seconds |
| 5. Box Splits or Froggies | 3 X 30 Seconds |