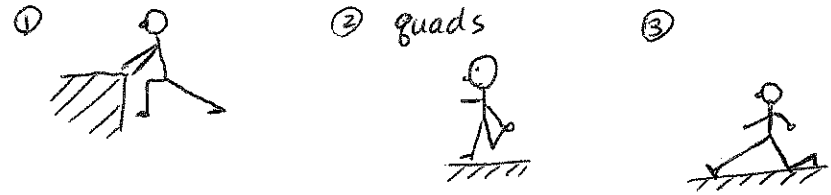
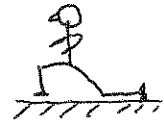


Cool down



④ Stretch out hip flexor
(lean forward for lower back pain)



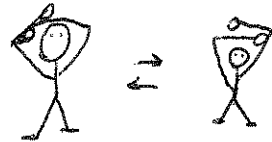
⑤ Pretzel stretch



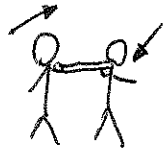
⑥ grab ankle lean forward



⑦ upper arm




⑧ Two people stretch




WARM UPS

◦ Rotate wrists, semi-interlock fingers


◦ Bend body side to side 


◦ Rotate shoulder

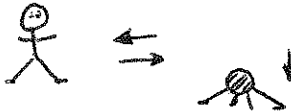
- with upper arm only 


- with full arm 

◦ Rotate head / neck

◦ Hamstring stretch, back toes forward, not to the side 

◦ Squat one leg, stretch the other sideways 

◦ Saddle stretch, up & down 

◦ Hands at back of head, diagonal elbow to knee 

◦ Arm extended, one hand to diagonal foot, the other to ceiling

◦ Knee bent, keep head straight ahead,
rotate arms back and forth, like the drum
(swing)

