

STANDING STRETCHES

'Physical activity – You only have to take it regularly, not seriously!'

Begin all exercises with your feet shoulder width apart with equal weight on both feet

THE BANANA SIDE STRETCH



20 SECONDS X2

- 1 Place one arm above your head and the other alongside your body
- 2 Slide the lowered arm down your leg towards your knee. This should create a long, and short side of your body
- 3 Create an arc with the raised arm.

ONE LEGGED FLAMINGO QUADRICEPS STRETCH



20 SECONDS X2

- 1 Transfer your weight to one leg, bending the other leg behind you
- 2 Grip the bent leg at the ankle with the same side arm
- 3 Keeping your knees together, stand tall.

MODIFICATION: If unable to grip the ankle, place the foot on an object behind you at the appropriate height e.g. chair.

THE WILTING WILLOW FULL BODY STRETCH



20 SECONDS X2

- 1 Raise both hands above your head then slowly curl your chin into your chest, whilst moving your arms towards the ground
- 2 Keeping your legs slightly bent, continue to roll your spine down to the ground as though you are forming an upside down 'U' with your body
- 3 Keep your weight distributed between your toes and heels
- 4 Once you reach as low as you can go, allow your body to hang freely then slowly reverse this movement back to the standing position.

REACH FOR THE SKY UPPER BODY STRETCH



20 SECONDS X2

- 1 Raise both hands above your head and reach up towards the sky as high as possible until you feel a stretch in your whole body
- 2 If comfortable, transfer your weight to your toes.

THE HITCHHIKER CHEST STRETCH



20 SECONDS X2

- 1 Begin with feet shoulder width apart then raise your arms to form a letter 'T' and point your thumbs up to the sky
- 2 Squeezing your shoulder blades together, decrease the distance between the backs of your hands behind your body, keeping your chest tall.

THE STRIDER CALF STRETCH



20 SECONDS X2

- 1 Transfer weight to one leg and step the other leg backwards, behind you
- 2 Lower the heel of the back leg to the ground
- 3 Slightly bend the front knee whilst keeping the back leg straight.

THE ROCK BACK STRETCH



20 SECONDS X2

- 1 Slightly squat, and place your hands on your knees
- 2 Tuck your chin into your chest, and curl your back upwards toward the sky creating a hump.

MODIFICATION: To increase this stretch either cross your arms or place your elbows on your knees.

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