

# STRETCHING PROGRAM BETTER BACKS & BODIES

## NECK ROLL

- Begin with your chin tucked into your chest
- Inhale and roll your head toward your right shoulder and continue a circular motion toward your left shoulder until your head is back to the starting position
- Repeat 3 times
- Repeat in opposite direction



## SHOULDER SHRUG

- Begin by looking straight ahead
- Slowly raise both shoulders up and let them roll back and then down, returning to the start position
- Repeat 5-10 times



## NECK SIDE FLEX

- Lower your ear towards your shoulder
- Keep your face looking forward and relax the shoulders
- Hold the stretch for 20 seconds
- Repeat 2-3 times on both sides



## NECK TWIST

- Sit or stand upright
- Turn your head toward your left shoulder, to the point of pressure, but not pain
- Hold the stretch for 5 seconds
- Repeat 5-10 times on each side



## SHOULDERS & CHEST

- Standing upright, interlace your hands behind your back
- Keep your hands straight and slowly lift your hands upwards
- Hold the stretch for 20 seconds
- Repeat 3-4 times



## CHEST

- Place your hands behind your head and point your elbows to the side
- Feel a stretch by pushing your elbows as far back as possible, squeezing your shoulder blades together
- Hold the stretch for 20 seconds
- Repeat 3-4 times



## SHOULDERS

- Extend your arms above the head with fingers interlaced and palms facing the ceiling
- Stretch the arms upward, keeping the shoulders relaxed
- Ensure the shoulders and hips remain aligned
- Hold the stretch for 20 seconds
- Repeat 3-4 times

