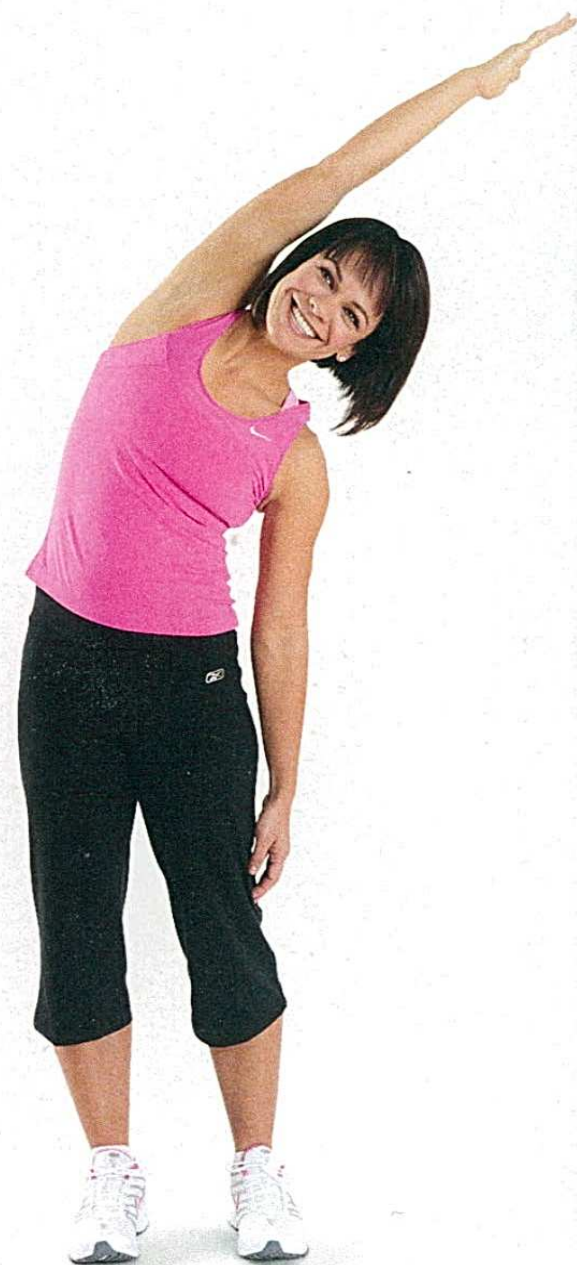


Inner-Thigh Stretch

Stand with feet 2 to 3 feet apart, shoulders rolled back, and abs engaged. Bend left knee and shift weight to left leg, placing hands on left thigh for support. Allow torso to move slightly forward but keep spine neutral and chest open. Sit back into hips and keep left knee in front of toes. Hold for 30 seconds, then switch legs and repeat.



Side Bend

Stand with feet shoulder-width apart and arms by sides. Inhale and extend right arm toward ceiling. As you exhale, bend to left at waist and extend arm overhead and to left. Hold for 30 seconds. Switch sides and repeat.



Diagonal Rotation

Stand with feet slightly wider than shoulder-width apart. Place left hand on hip and right arm up above head. Extend right arm out on a diagonal over right shoulder, rotating and looking back as you do. Hold for 30 seconds. Switch sides and repeat.



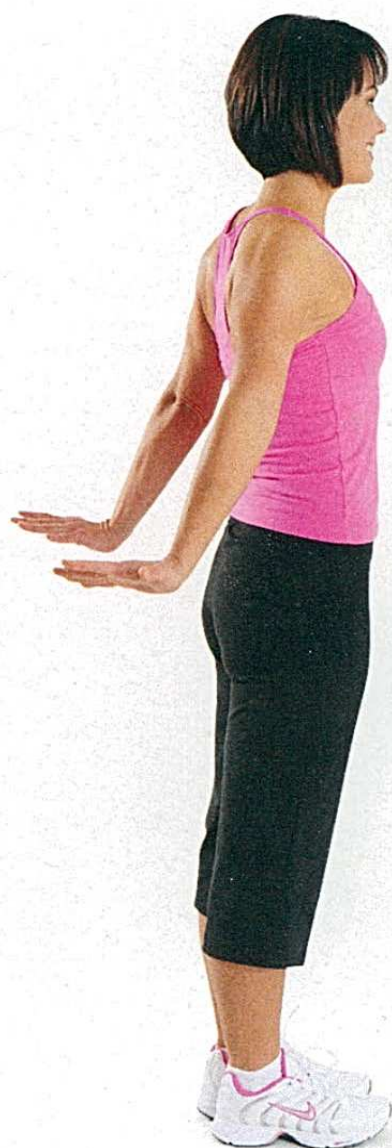
Shoulder Stretch

Stand with feet shoulder-width apart and arms at sides. Keep abs engaged as you lift arms out to sides, then wrap them in front of you and try to touch shoulder blades as if you were hugging yourself. Hold for 30 seconds, then release and repeat with other arm on top.



Triceps Stretch

Stand with feet shoulder-width apart and arms by sides. Extend right arm up toward ceiling. Bend right elbow and try to touch right shoulder blade with right hand. Gently grab right elbow with left hand, then bend at waist to left. Hold for 30 seconds. Release, then switch sides.



Biceps Stretch

Stand with feet shoulder-width apart without locking knees, arms by sides. Reach both arms back on a slight diagonal with palms facing forward. Flex wrists and reach up and back with fingers until you feel a stretch in front of arms. Hold for 30 seconds.



Chest Stretch

Stand with your feet shoulder-width apart, abs engaged (pull navel toward your spine), and arms out to sides. Extend your arms to reach slightly behind you as you open chest. Hold for 30 seconds.



Lower-Back Stretch

Stand with feet just a little wider than shoulder-width apart. Hinge forward from hips and place hands on thighs, keeping shoulders away from ears. Inhale. As you exhale, tuck tailbone under and round back, pulling navel toward spine deeply. Hold for 30 seconds.

Stretch Routine

Perform these moves immediately following the circuit routine



Hip Flexor Stretch

Begin in a staggered stance with left leg forward and right leg back, heel off floor. Place hands on hips, roll shoulders back, and pull navel toward spine. Bend left knee until left thigh is parallel to floor. Squeeze right buttock and press right hip forward until you feel a stretch in front of right hip. Hold for 30 seconds, then switch legs and repeat.

Hamstring Stretch

Stand with feet shoulder-width apart and hands on hips. Extend left leg straight in front with foot flexed, heel on floor, and toes lifted. Slowly bend at hips and hinge forward without rounding back, feeling a stretch in back of left leg. Squeeze shoulder blades together and maintain a neutral neck and spine. Hold for 30 seconds, then switch legs and repeat.

All stretch photos by Thomas MacDonald



Calf Stretch

Begin in a staggered stance with left leg forward, knee bent, and right leg back, heel on floor. Place hands by sides, roll shoulders back, and pull navel toward spine. With right leg straight, press into floor with right heel and lean slightly forward until you feel a stretch in lower part of right leg. Hold for 30 seconds. Switch legs and repeat.

Hip and Glute Stretch

Stand with feet shoulder-width apart and left hand on chair for balance. Cross right leg over left with right ankle just above left knee. Open right knee out to side to make a 4 with legs. Slowly bend left leg and allow upper body to shift forward, keeping back straight. Continue bending left leg until you feel a stretch in right buttock and hip. Hold for 30 seconds, then switch legs and repeat.