



ARM STRETCH (*ARM CROSSES*)



- Cross arm across upper body and hook under with the opposite arm pulling towards you.
- Hold for 10 – Seconds each arm.

TOE TOUCHES (*PRETZELS*)



- Cross your legs and reach down, trying to touch your toes.
- Hold for 10 – Seconds each leg.

NECK AND UPPER BACK (*HANDCUFFS*)



- Arms behind your back and lock fingers, pushing downward.
- Hold for 10 – Seconds.

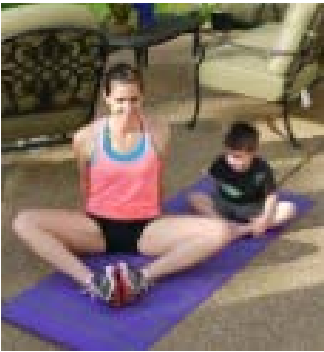


QUADS (*FLAMINGOS*)



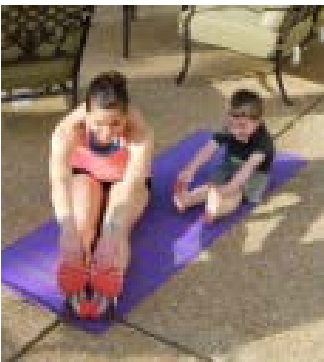
- Grab your ankle and pull your leg up towards your butt.
- Hold for 10 – Seconds each leg.

GROIN (*BUTTERFLIES*)



- Knees apart, heels in and force knees down.
- Hold for 10 – Seconds.

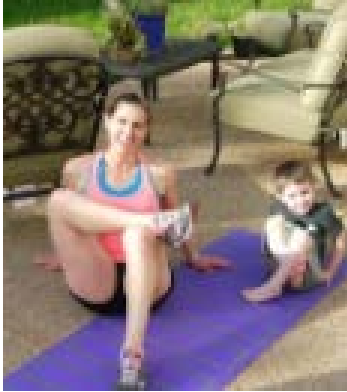
HAMSTRING (*TOE TOUCHES*)



- Legs out straight and together, reach forward trying to touch toes and pulling back.
- Hold for 10 – Seconds.



HIP FLEXOR (*CROSSOVER*)



- Leg crossed over and just below knee, force knee downward
- Hold for 10 – Seconds each leg.

HIP ABDUCTOR (*ROLLOVER*)



- Flat on back arms straight out at sides, pull leg over body and touch toes to ground.
- Hold for 10 – Seconds each side.