

NECK MUSCLES

- SLOWLY TILT YOUR HEAD TO ONE SIDE
- LOOK AHEAD
- ACTIVELY PULL YOUR SHOULDERS DOWN TO INCREASE THE STRETCHING EFFECT
- REPEAT ON THE OTHER SIDE

SHOULDER MUSCLES

- RIGHT ARM STRETCHED
- LEFT ARM PULLS RIGHT ARM TOWARDS UPPER BODY
- KEEP SHOULDERS DOWN
- REPEAT ON THE OTHER SIDE

CHEST MUSCLES

- CROSS YOUR ARMS BEHIND YOUR BODY
- BRING SHOULDER BLADES TOGETHER & PULL SHOULDERS DOWN

GLUTEAL MUSCLES

- SIT UPRIGHT
- PLACE THE ANKLE OF THE RIGHT LEG ON THE LEFT THIGH
- BEND YOUR UPPER BODY SLIGHTLY FORWARD
- REPEAT WITH THE OTHER LEG

HIP FLEXORS

- STAND UPRIGHT
- SLIGHTLY PUSH YOUR PELVIS FORWARD

LATERAL ABDOMINAL MUSCLES

- SIT UPRIGHT
- TURN YOUR UPPER BODY TO THE SIDE & PLACE YOUR ARMS ON THE OUTSIDE OF YOUR THIGHS
- REPEAT ON THE OTHER SIDE

CALF MUSCLES

- SIT UPRIGHT
- PLACE ONE HEEL ON THE FLOOR WITH YOUR LEG STRAIGHT
- PULL TOES TOWARDS THE BODY
- REPEAT ON THE OTHER SIDE

WHOLE BODY STRETCHING

STAY ACTIVE, STAY FLEXIBLE!



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