



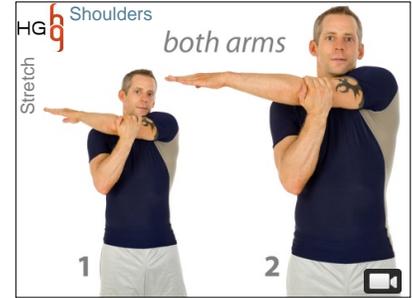
Improve your flexibility, increase joint range of motion, enhance physical performance and reduce the risk of injury.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Stand upright with your hands at shoulder height, elbows bent and your palms out
2 - Straighten your arms overhead, extending fully.

Sets	Reps	Weight	Notes
1	20		
2			
3			
4			
5			
6			



1 - Stand upright with one arm at shoulder height, bent across the front of your neck.
2 - Place your other hand on the elbow of the bent arm and gently pull this arm straight across your body.

Sets	Reps	Weight	Notes
1			Hold for 20-30 secs.
2			
3			
4			
5			
6			



1 - Stand or sit upright with one arm behind your head, bent at the elbow and the other hand on this bent elbow.
2 - Gently pull the arm across and down, lowering your hand to touch your upper back.

Sets	Reps	Weight	Notes
1			Hold 20-30 secs
2			
3			
4			
5			
6			



1 - Stand upright with your arms straight overhead, hands clasped.
2 - Lean to one side, gently pulling your arms laterally.
• Return upright and repeat on the opposite side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Stand upright with your hands on your hips and one foot off the floor, slightly behind.
2 - Swing this leg up in front to hip height and then back behind to the start position.
• Maintain your balance throughout all reps.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Stand upright with your arms straight overhead with your torso turned slightly to one side.
2 - Bend over at the waist, keeping your legs straight and reach your hands down to the outside of your foot.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



1 - Place one knee on the floor and step forward with the other foot into a lunge.
2 - Lean your weight forward into your front foot, lowering the hip of the back leg toward the floor.
• Keep the front foot flat throughout.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



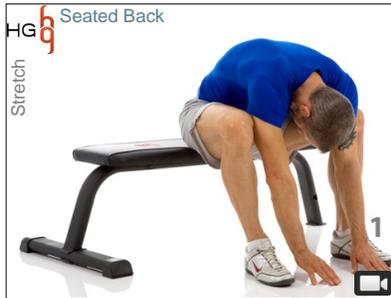
1 - Start in a semi-squat position with your feet wide apart and your hands or elbows on your knees.
2 - Squat lower, sending your hips back and down and slowly pushing your knees outward with your elbows.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Stand upright on one leg, bending the other knee and bringing your heel to your buttocks.
- 1 - Grasp your foot with one hand and gently pull it further towards your buttocks for a deeper stretch.
- Hold onto something stable to maintain your balance if necessary.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Sit upright in a chair.
- 1 - Bend over at the waist, lowering your head and hands towards the floor, rounding your back.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Sit upright in a chair.
- 1 - Raise your arms straight up overhead, clasping your hands together and look up at your hands, lifting your shoulders up to your ears.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Sit upright with your feet flat.
- 1 - Turn your head and shoulders to one side, twisting your torso and place your hands at the side of the chair, keeping your feet flat.
- 2 - Twist to the other side placing your hands at this side of the chair.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Sit upright in a chair with your feet flat on the floor.
- 1 - Raise one leg and place your ankle on the bent knee of your opposite leg.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Sit on the floor with one leg straight and the other bent with your foot crossed over to the outside of the straight leg.
- Place your opposite elbow on the outside of the bent knee, turning your torso.
- 1 - Gently pull your knee across your body with your elbow as you look to the other side.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



- Stand upright with your toes of one foot on a step or elevated against a wall or block.
- 1 - Lean your weight forward, pushing into your foot.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			