



STRONG STRETCHING

GOAL:

Use stretches to help release tension from stress to make our minds and bodies feel better.

STRONG STRETCHING

TRUNK RELEASE



1. While sitting, straighten your arm and lean to the opposite side. Support yourself with the other arm.
2. Hold this stretch for 30 seconds while you breathe deeply.
3. Switch sides and stretch your other arm.

STRONG STRETCHING

SEATED ROTATION STRETCH



1. Sit tall on the floor with your legs straight out in front of you.
2. Cross your right leg over your left leg and put your right foot on the floor close to your left knee.
3. Turn your upper body towards your right side using your right arm to help you sit tall and your left arm against your right leg to help you twist. You should feel a stretch in your hip and the side of your back.

Modified stretch (chair):

Put both legs down and reach both arms to the right base of the chair. Turn your head and body to the right. Repeat on left side (as pictured).

Hold this stretch for at least 30 seconds, then switch sides.

STRONG STRETCHING

SHOULDER INTERNAL ROTATION



1. Hold onto a towel with one arm behind your neck and your other arm behind your back.
2. Pull the opposite end up on the towel with the upper arm, as pictured, to stretch the lower arm.
3. Do this stretch so that it pulls, but never hurts.

Hold this stretch for at least 30 seconds.

STRONG STRETCHING

BUTTERFLY



1. Sit tall on the floor with the soles of your feet together, knees bent out to sides.
2. Hold onto your ankles or feet, engage your abdominals, and slowly lower your body toward your feet as far as you can while pressing your knees toward the floor.
3. If you're too tight to bend over, simply press your knees down.

Hold this stretch for at least 30 seconds.

STRONG STRETCHING

SPHINX POSE



1. Lie on your stomach with your legs straight out behind you.
2. Place your elbows under your shoulders and your forearms on the floor as you lift your chest up off the floor.
3. Press your hips and thighs into the floor and think about lengthening your spine while keeping your shoulders relaxed.
4. Sit up just enough to feel a nice stretch in your lower back.

Hold this stretch for at least 30 seconds.

STRONG STRETCHING

KNEE TO CHEST STRETCH



1. Lie on your back with both legs extended.
2. Pull your right knee into your chest while keeping the left leg straight and your lower back pressed into the floor.
3. Hold for 30 seconds to 2 minutes.
4. Repeat on the other leg.

Hold this stretch for at least 30 seconds.