



Scan this QR code to follow along with this stretch routine.

# Full-Body Stretches

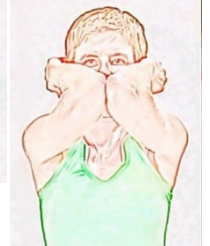
Gabriela Murza



**1- Neck moons:** With chin toward chest, move head side to side 10 times.



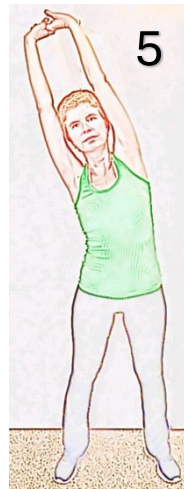
**2- YTW:** Form the letters Y, T, W 10 times (arms down to sides between each).



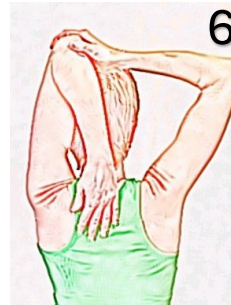
**3- Shoulder gators:** Arms out and in 10 times.



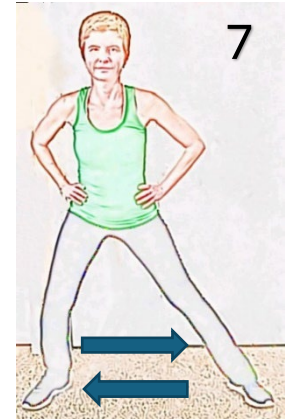
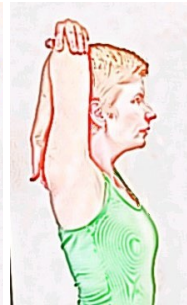
**4- Flexion/Extension:** Hold for 15 sec. up then down, each hand.



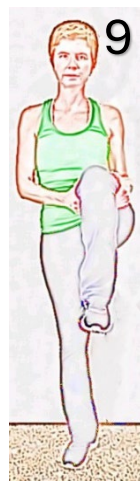
**5- Overhead reach with side bend:** Hold for 15 sec. each side.



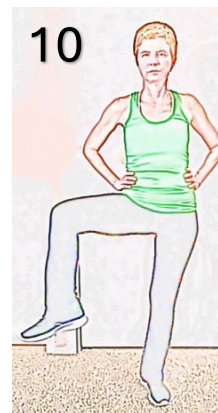
**6- Tricep:** Hold for 15 sec. each arm.



**7- Lateral hip openers:** Move side to side 10 times.



**9- Knees to chest:** Lift each leg to chest 10 times.



**10- Hurdle steps:** Lift leg up and to the side 10 times each leg.



**11- Calf:** Hold for 15 sec. each leg.



**12- Figure four:** Hold for 15 sec. each leg (shown lying or sitting).



**13-Hamstring:** Hold for 15 sec. each leg.



**14- Flexion/Extension:** Tap foot up and down 10 times each.

