



# ***FLEXIBILITY* DAILY WORKOUT**

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**\*BREATHE AND RELAX. EACH STRETCH SHOULD BE HELD FOR 30 SECONDS\***

- 1. STANDING HAMSTRING STRETCH: PUT RIGHT FOOT ON LEFT SIDE OF LEFT FOOT. BEND DOWN AND TOUCH TOES. SWITCH LEGS AND REPEAT. 2 TIMES EACH LEG**
- 2. BUTTERFLY STRETCH: SIT DOWN, PUT SOLES OF FEET TOGETHER AND PULL FEET IN TOWARD YOUR BODY. PRESS DOWN ON KNEES AND FEEL STRETCH IN GROIN AND INNER LEGS. 2 SETS 30s.**
- 3. LOW BACK/TRUNK STRETCH: LAY ON BACK, CROSSOVER RIGHT LEG, KEEPING KNEE BENT. PLACE LEFT ARM ON RIGHT LEG AND STRETCH BACK TO THE RIGHT WITH YOUR UPPER BODY. HOLD FOR 30s. SWITCH SIDES AND STRETCH EACH SIDE 2 TIMES.**
- 4. ABDOMINAL/SEAL STRETCH: LAY ON STOMACH. LIFT UP YOUR CHEST OFF THE GROUND AND EXTEND YOUR ARMS ALL THE WAY, WHILE KEEPING YOUR HIPS ON THE GROUND. 2 SETS.**
- 5. CALF STRETCH: FIND A WALL AND PLACE THE BALL OF YOUR FOOT UP AGAINST THE WALL. BRING YOUR CHEST/HIPS CLOSE THE WALL AND FEEL THE STRETCH. 2 SETS EACH LEG 30s.**
- 6. TRUNK TWIST STRETCH: SIT UP AND CROSS YOUR LEG OVER SO THAT YOUR LEFT FOOT IS ON THE RIGHT SIDE OF YOUR RIGHT KNEE. PLACE YOUR RIGHT ARM ON THE LEFT SIDE OF YOUR LEFT LEG AND FEEL THE STRETCH. 2 SETS OF 30s EACH SIDE.**