

20 minute stretch

1. Torso Rotations

Stand with feet shoulder width apart. Rotate your arms around your center, just as in Tai Chi. Rotate both to the left and to the right. Your shoulders and head should follow your arms to open up and mobilize the spine.

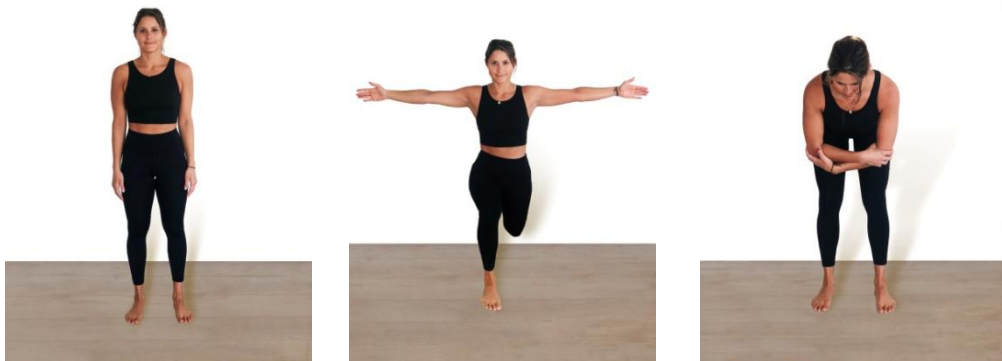
Reps: 30-40 rotations



2. Chest Opening

Stepping forward, alternating your legs each time, stretch your arms out as wide as possible, opening/expanding the hips and chest.

Reps: 16-20 (8-10 each side)



3. Step Back & Reach

Take a step back, grab both hands and reach them over your head letting your eyes follow your hands. Look past your arms and reach for the sky. Alternate sides.

Reps: 16-20 (8-10 each side)



4. Squat & Reach

Begin with a normal squat. Keep your arms down by your sides. When you begin to stand from the lowest point of the squat let your arms reach up to the sky coming up onto your tip toes. Advance this by adding a twist from the waist at the top of the movement, first to the left then to the right.

Reps: 16-20



5. Heel Dig & Bow

Do a heel dig with one leg. At the same time, with a straight back, bow down toward the big toe. Do not force the stretch. Alternate legs each time.

Reps: 16-20 (8-10 each side)



6. Step & Kick

Step forward with one foot and imagine you are kicking a football with full force. Try to get your leg higher with each kick. Alternate the kicking leg each time.

Reps: 16-20 (8-10 each side)

