

June/July Self-paced Stretches:

EVERY DAY!

Both sides for all

1. Arms across
2. Arms over (behind head)
3. Standing, grab ankles and hold
4. Standing, straddles
5. Runners lunge
6. Forward lunge (hold middle)
7. Hip push/straighten
8. Seated, straddle – head up, both sides and center
9. Seated, straddle – head down (touch nose to knee), both sides and center
10. Butterfly
11. Pike flex
12. Pike pointed
13. Splits (hold for 10 seconds)