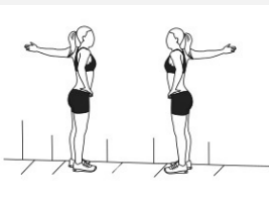





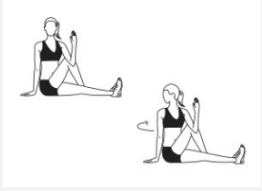

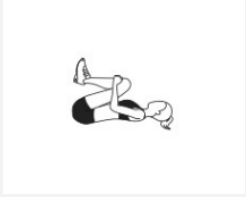



## THE ULTIMATE 8 MIN. STRETCHING ROUTINE

HOLD EACH STRETCH FOR 30 SECONDS (OR 30 SECONDS A SIDE).

EXERCISE	DIRECTIONS	IMAGE
<b>CHEST STRETCH</b>	BECAUSE WE SIT ALL DAY AND OFTEN ROUND OUR SHOULDERS TO READ BOOKS, WORK ON THE COMPUTER AND LOOK AT OUR PHONES, OUR CHEST GETS VERY TIGHT. MAKE SURE TO STRETCH IT OUT!	
<b>QUAD STRETCH</b>	OUR SOCIETY IS VERY TIGHT ALONG THE ENTIRE FRONT SIDE OF OUR BODY (ANOTHER SIDE EFFECT OF SITTING ALL DAY). STRETCHING YOUR QUADS (FRONT OF YOUR LEGS) IS IMPORTANT TO HELP RELEASE SOME OF THAT CONSTANT TIGHTNESS.	
<b>CALF STRETCH</b>	ONE OF MY FAVORITES! I PREFER THIS VERSION OF A CALF STRETCH VS. STRETCHING YOUR CALF ON STAIRS BECAUSE YOUR BODY ALLOWS YOU TO GET DEEPER INTO IT (WHEN YOU ARE PUTTING ALL OF YOUR WEIGHT ON YOUR CALF YOUR BODY KNOWS TO BE "ON GUARD" AND WON'T LET YOU FULLY RELAX).	
<b>STANDING FORWARD FOLD</b>	TRAINER TIP: IF YOUR HAMSTRINGS ARE SUPER TIGHT, TRY BENDING YOUR KNEES AND STRAIGHTENING YOUR BACK. THIS WILL ALLOW YOU TO GET DEEPER INTO YOUR HAMSTRINGS AND WILL TAKE PRESSURE OFF YOUR BACK.	
<b>CAT COW POSE</b>	START IN A TABLETOP (FLAT BACK) POSITION. SLOWLY ROTATE THROUGH COW POSE (FACE LIFTED TOWARDS SKY) AND CAT POSE (ARCHED BACK).	
<b>HIP FLEXOR STRETCH</b>	IF I HAD TO PICK JUST ONE HIP STRETCH, THIS WOULD BE IT. TRAINER TIP: SQUEEZE THE BUTT CHEEK OF THE LEG BEHIND YOU / ON THE GROUND. THIS WILL ALLOW FOR A DEEPER STRETCH AT THE FRONT SIDE OF THAT HIP.	

<p><b>HIP STRETCH</b></p>	<p>THIS POSE IS GREAT FOR BOTH YOUR LOW BACK AND HIPS!</p>	
<p><b>BUTTERFLY STRETCH</b></p>	<p>THIS IS A TOUGH ONE FOR MANY! ONLY GO AS FAR AS YOU CAN WITHOUT CURVING YOUR SPINE (IT MIGHT NOT BE FAR - THAT'S OK). THIS ALLOWS US TO FOCUS ON THE HIPS AS WELL AS PROTECT OUR BACK.</p>	
<p><b>LOW BACK STRETCH</b></p>	<p>ONE OF THE BEST STRETCHES FOR LOW BACK PAIN.</p>	
<p><b>HAMSTRING STRETCH</b></p>	<p>OUR HAMSTRINGS ARE OFTEN VERY TIGHT. MAKE SURE TO SHOW THEM SOME LOVE, TOO. FUN FACT: I STRETCH BEFORE BED, AND THIS IS MY FAVORITE STRETCH TO END WITH, AS IT ALLOWS ME TO GO RIGHT TO SLEEP ONCE I'M DONE!</p>	

**NOTES**

IT IS IMPORTANT WHENEVER YOU ARE HOLDING STATIC STRETCHES LIKE THESE TO HOLD THE STRETCH FOR A MINIMUM OF 25-30 SECONDS. IF YOU ARE FEELING ESPECIALLY TIGHT IN ONE AREA, PLEASE HOLD LONGER (UP TO ABOUT A MINUTE).

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