

Warm-up



Huggers

Holding your arms straight out to your side, swing them back and then forward crossing one arm over the other. Alternate arms performing 10 total.



Swimmers

Standing up straight, rotate your arm as wide as possible 5 times forward and 5 times backwards. Switch arms and repeat.



Reachers

Standing up straight with one leg in front of the other, reach arms overhead as far as possible while keeping arms straight. Then bend forward slightly and reach straight arms back as far as possible keeping palms up. Do 5 total.



Shoulder Rolls

Shrug and roll your shoulders forward 5 times and then backwards 5 times, keeping your arms straight down to your sides.



Side Stretches

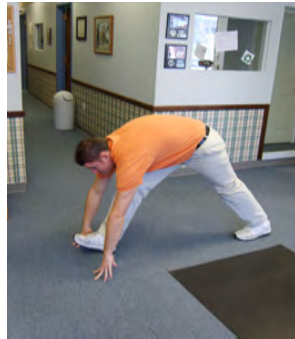
Standing up straight, reach your right arm overhead. Bend to your left, pushing your hip to the right while keeping everything straight. Hold stretch for a count of 10. Repeat on the other side.

Warm-up



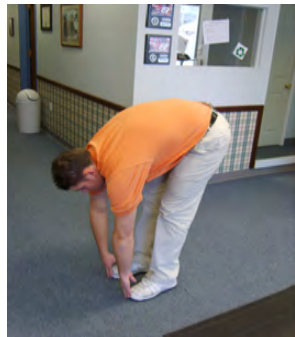
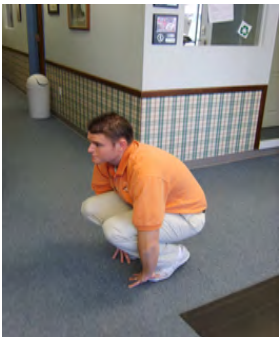
Wide Leg Forward Bend

Spread your legs and keep them straight. Bend forward at the waist and cross your arms. Gently rock side to side feeling the stretch in your hamstrings and low back. Hold stretch for 15 seconds.



Runners Stretch

Lunge forward with one leg bending the knee and put the elbow of the same side toward the inside of the foot. Hold for a count of 5. Straighten the knee and reach forward holding for a count of 5 and repeat with the other side. Perform three times each side.



Squat and Reach

Squat down and touch the floor keeping head and chest up and buttocks down, then straighten legs and reach toward the floor. Repeat sequence three times.



Block Out

Stand with feet shoulder width apart and hands in front of you at chest level. Pivot your feet and rotate your torso to the left and then to the right. Go each direction 10-15 times.