

COACH BONNIE'S FULL-BODY STRETCHES

HAMSTRINGS (BACK OF LEGS) - Sit on floor with legs straight out in front of you, walk your hands out on the floor on either side of your legs. Let your chest down as close to your thighs as possible. Hold the stretch for 30 - 60 seconds. **DO NOT BOUNCE!!**

HAMSTRINGS (Back of Thighs) – Stand on one leg with knee soft and put the foot of the other leg on a raised object (chair, step, or stool). Lean toward the raised leg. Raised leg's foot is pointed away from the body. Hold for 30-60 seconds.

CALFS (BACK OF LOWER LEGS) - Sit on floor with your legs extended in front of you cross one over the other. Lean forward as you walk your fingers down beside **your** legs toward your ankles. Consciously point the toes of your bottom foot back toward your nose. Release that stretch and resume a sitting position. Uncross and cross the other one over and again lean forward as you walk your fingers down beside your legs toward your ankles. Consciously point the toes of your bottom foot back toward your nose.

CALFS (BACK OF LOWER LEGS) – Stand against a wall or bottom step, place your foot on wall as high up the wall as you can get while heel is still on the floor. If you have base cove molding, try to get your foot on the wall above the molding. Keep the leg straight of the foot that's on the wall—lean your hips squarely into the wall. You should feel a nice pull on the back of your lower leg. This stretch is extremely important for those that do a lot of walking or running. Reminder: Never stretch cold muscles! Be sure to do both calves and hold each stretch 30-60 seconds.

INNER THIGH - Sit with the soles of your feet together far away from your body. Slip your hands under your ankles and lean as far forward as possible (chest toward heels). Hold for 30 - 60 secs. Release.. sit up.. Leave one foot right where it is and then open up one leg to the side as far as is comfortable. Keep your weight evenly distributed on your "sits bones". Keep extended legs' knee and toe pointed up to the sky. Find the midline of your body and lean forward and hold. Change by bringing both soles of the feet back together and leaving the other one in place extend the other one to the side keeping the knee and toe pointed to the ceiling. Again, find the midline of the body and lean forward until you feel a tension on the inner thigh. Hold again for 30 - 60 seconds. Release

INNER THIGH – Sit on the floor with your legs as far apart as possible. Find your "sits bones" by pulling the flesh away from your bottom and really finding those bones that are protruding. Position your knees and toes so that they point directly toward the ceiling. In this position, just lean forward until you can put your elbows on the ground. You will also feel this stretch in your low back region.

ABDOMINALS - Lie on tummy come up on your elbows and push your hips and elbows into the mat. Extend your torso and make it as tall as possible. Keep looking between your hands. Hold for 30 - 60 seconds. Hint: Keep elbows on ground.

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QUADRICEPS (Front of the thigh) - Lying on your tummy put your forehead on your hands... bring your knees together. Bend one knee and bring heel into your bottom. You don't have to hang on to the foot just bring it in as close to the bottom as possible. Hold for 30 - 60 seconds. Change to other leg and do the same.

QUADRICEPS (Front of the thigh) – Lying on your side-keep knees touching and bend your top leg. Grab the ankle and pull the heel as close to your bottom as possible. Hint: try to keep knees together. You'll need to do the other side by rolling to the other side and repeating the process. It's best if you can keep your body in a nice straight line, keeping your head on your extended arm.

LOWER BACK - Come up on all fours. Open up knees, line up knees under hips and wrists under shoulders. Suck your belly button into your back bone and arch it up, drop your chin toward your chest and push through your low back...You may need to push your whole body back until you can really feel the stretch in your low back area.....hold for a few seconds and release to a neutral spine. (Do not let your back sway). Hint: if your wrists hurt, make a fist.

LATTISIMUS DORSI - (Muscles of the back, under the shoulder blades) –On all fours. Make sure knees are apart and keep your hips and knees lined up. Walk your hands out and put your forehead on the mat. Stretch your hands out as far as you can in front of you and hold for 30 - 60 seconds.

LATTISIMUS DORSI - (Muscles of the back, under the shoulder blades) – While sitting on the floor or in a chair, raise arms over head. Then without leaning side to side, raise one arm just a little higher and then extend the other one up. Think....reach higher on one side and then the other. Hint: keep arms extended high above your head and reach from that position.

TRAPEZIUS - (upper back) - Sit in a "Native American" fashion, arms together outstretched in front of you, fingers interlaced with fingers toward you.. Remember: "Here's the Church, Here's the Steeple...open the door and see all the people!" Thumbs points up...extend your arms out in front of you and hold.....please **relax your shoulders**. Hint: Don't do this stretch too much because our traps are usually over-stretched and that's why we tend to have rounded shoulders.

OBLIQUES - (Sides) - Bring both arms straight overhead and grab the wrist of your right arm with your left hand and pull toward your left side and hold. Change and pull the other arm toward the other side. Do not lift hip up off the floor. You can also do this standing.

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OBLIQUES - (Sides) – While sitting in a chair grab the front chair leg with one hand and lean toward that side. Don't lift your bottom. Lift the other arm up by your ear and hold....relax the arm and shoulder that are hanging onto the chair. Change and do the other side by reversing the position.

DELTOIDS - (Shoulders) - Still in a seated position, put hands behind back and grab one wrist with one hand and pull the arms down toward the floor. Feel the stretch in the shoulders and hold of 30-60 seconds. Change and grab the other wrist and pull down.

POSTERIOR DELTOID (Upper Shoulder in the back) – Seated or Standing, bring one arm across your chest making sure to relax your shoulder and pull your elbow in close to your body. By pulling the arm down and in you should feel this stretch in the upper rear shoulder....pulling the shoulder joint away from the shoulder blade. Hold 30-60 sec. Repeat with other arm.

CHEST - with your hands behind your back and put one hand on top of the other, then lift your arms up as high as possible and hold for as many seconds as you can. **DO NOT LEAN FORWARD.** You should do this Chest stretch as often as you can through out your day. Hold each stretch for 30-60 seconds. Our chests are usually quite tight from all the frontward motion that we do....i.e. keyboard, reading, crocheting, knitting and many other things that keep us round-shouldered. We need to strengthen our upper back and stretch our chests. I'll give you an upper back strengthener next.

SHRUGS – This is not a stretch....but I feel it's very important for good posture. Either stand or sit... use hand weights or not....with hands down to the sides, squeeze the shoulder blades together and then lift the whole shoulder girdle toward the back of the room. Don't lift straight up or toward your ears because that will not work the same muscles that we are targeting for proper posture. Surprise: This exercise will eliminate the little "bag" of fat that tends to collect right in between the shoulder blades up at the top. It will only help with posture and fat deposit elimination if you are consistent with your program!! Repeat daily 10-25 times a day.

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TRICEPS (“hangy-down” parts at the back of the arm) - Bring one arm straight up in the air, bend at the elbow and pat yourself on back....with the other hand, Push the elbow up toward the ceiling and then grab the outside of the elbow and pull the bent arm in toward the ear. Change to the other arm. Hold for 30-60 seconds.

BICEPS - Stretch arms out to sides and turn palms up toward ceiling and back. Hold for 30-60 seconds. Really concentrate on feeling the stretch in the front of your arm above the elbow joint.

BICEPS – Walk up to an open door way.....instead of walking through it.....extend one arm down and up against the wall that doesn't have the door or hinges on it and turn your body away from that arm. As you turn, you will feel a stretch in the upper part of the front of the arm (biceps). Hold each stretch for 30-60 seconds. Change now and do the other arm. This will be a little harder to figure out.....If you walk through the door way and turn around and then instead of walking back through, extend the other arm down and up against the wall that doesn't have the door or hinges on it and turn your body away from that arm. Hold for 30-60 seconds on this side, too.



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