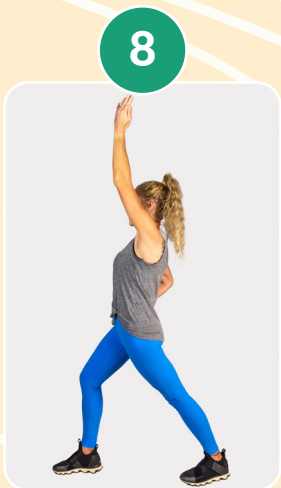


Super Speedy Stretch



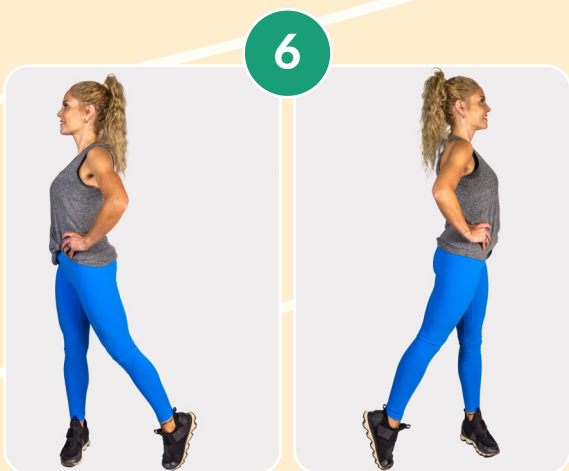
Hip Flexor Mobility

Step right foot back into a lunge, keeping your torso upright. Tuck your pelvis slightly to feel the stretch in the front of your right hip, raise your right arm (same side as the hip flexor being stretched). Switch sides.



Standing Cat Cow

Place hands on your right below your lower back. Squeeze your glutes, arch your back, open through your collar bone and look up (cow), then clasp your hands in front of you and round your spine and tuck your chin (cat). A quick spine energizer!



Torso Twists

Stand tall, then gently twist your upper body to one side make sure to pivot on your back foot so your legs turn with your hips. Repeat on the other side to refresh your spine.



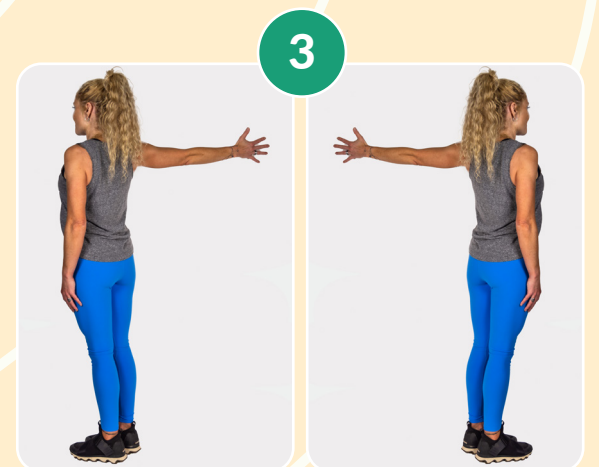
Neck Rotations

Gently roll your head in a circle: chin to chest, ear to shoulder, and back. Loosen up neck tension in just a few seconds!



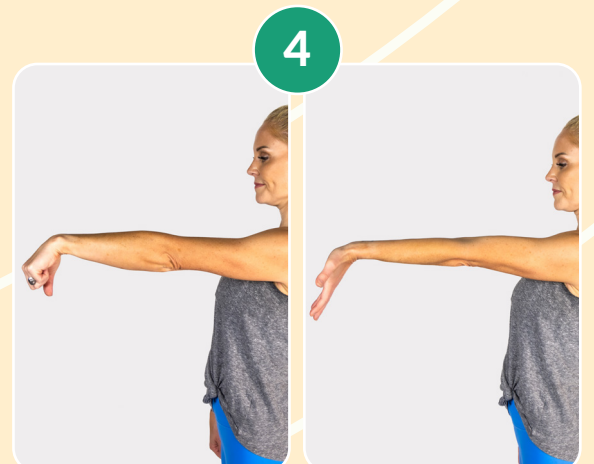
Shoulder Rolls

Lift your shoulders up, back, and down in a smooth circle. Repeat forward and backward to melt away upper-body stiffness.



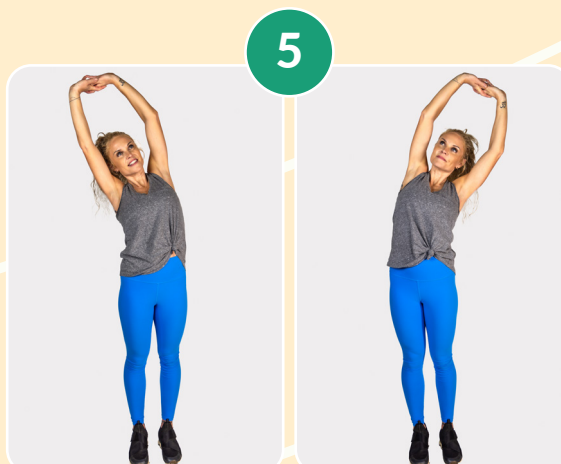
Doorway Chest Opener

Place your hands on either side of a doorway and step forward slightly. Feel the stretch across your chest and shoulders. Perfect to support good posture!



Wrist Mobility

Extend one arm out, palm up. Use your other hand to gently pull fingers back, then down. Switch sides. Great for wrist tightness relief!



Lateral Flexion

Reach one arm or both arms overhead and lean to the right side, squeeze your glutes and bump your hips off to the left and then switch sides. Stretch out your sides and spine like a sideways rainbow.

Before you stretch, check your posture:

Feet: Firmly planted on the ground

Knees: Slight bend, think athletic stance

Core: Gently braced for support

Alignment: Ears over shoulders, shoulders over hips, hips over ankles

Shoulders: Relaxed and down, away from your ears

Torso: Chest proud

Breath: Inhale and exhale smoothly through each movement

Good form = better results

For each stretch:

Hold 15-30 seconds each movement

Complete 1-3 sets depending on how you are feeling and how much time you have

Consistency is better than quantity