

# Stretch IT OUT!

TAKE BREAKS &  
STRETCH OFTEN!



## Neck Stretch (Flexion)

- Face forward
- Interlock fingers, place behind head
- Bring chin to chest
- Use hands to add light pressure to back of head



## Neck Stretch (Lateral Flexion)

- Face forward
- Use left arm & place on top of head
- Keep right arm relaxed
- Use left arm to bring ear towards your left shoulder
- Complete on both sides

## Lat Stretch

- Face forward
- Place both forearms on wall or flat surface above head
- Body at an incline
- Lean forward
- Can move arms up wall for deeper stretch



Complete ALL  
Stretches:  
3 reps  
15 seconds each



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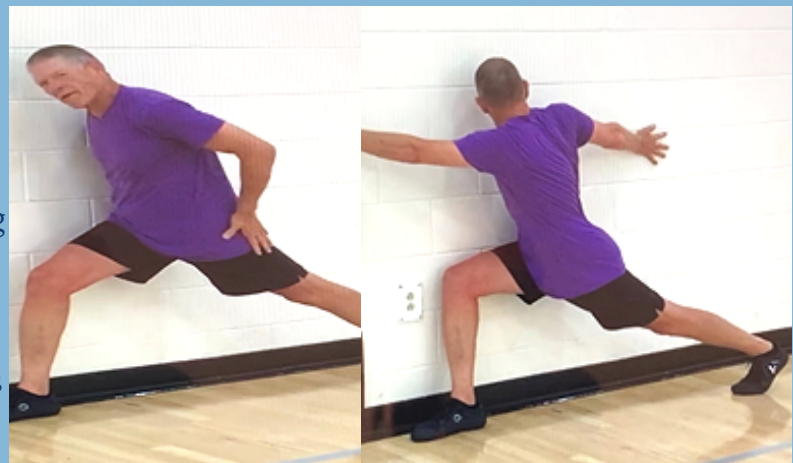
As we navigate through this challenging period of time, we coaches and staff find ourselves in a different working environment, namely more SITTING. Computer time, conference calls, and mobile communicating keep us in stationary positions for an unusual amount of time. Being conscious of taking breaks, getting up and moving, and dedicated stretch intervals will help keep your time working from home more productive.

**Below are a few example stretches, courtesy of fitness coach Steve Myrland, for daily work relief. \*Be smart with how far you can stretch. Go only to your current end range. Try to improve each time.**



## 1. Wall Assisted Torso Rotation w/ Diagonal Reach

Stand in a wide stance with back to wall. Rotate right or left backwards to wall while letting feet pivot & turn. Reach with lead arm, down and away, while trail arm extends up and out. Alternate back and forth slowly trying to increase the stretch each time using the wall to help drive your range. Perform 6 repetitions each side.



## 2. Wall Anchored Wide Stance w/ Torso Rotation

Stand next to a wall in split stance, front knee bent forward, back leg extended. Rotate torso towards wall while extending arms out to side. Use the wall and arms to increase the stretch. Repeat in opposite direction. Keep alternating sides for 6 repetitions each sides.



## 3. Wide Stance Alternating Side to Side Squat w/ Opposite Shin Reach

Lean to one side into a squat, while straightening opposite leg, and slowly reach down toward your shin. Pause and repeat for 8 repetitions on each side. Repeat sequence on opposite side leg.