

More STRETCHES

to start your day, from Shine365



Seated Hamstring

- Sit on the floor with both legs together straight in front of you
- Walk your hands toward your feet and hold for 30 - 60 seconds
- Gently bring hands to starting position



Butterfly

- Place bottom of feet together and pull feet close to body
- Gently allow gravity to pull your knees to the floor
- Hold for 30 - 60 seconds



Split Stretch

- Extend legs out creating a V-shape
- Walk hands out to a comfortable position
- Walk hands to right leg and hold for 30 - 60 seconds
- Walk hands over to left leg and hold for 30 - 60 seconds



Seated Trunk Stretch

- Extend the left leg and cross right leg over left knee
- Gently twist through spine, opening the chest and placing right hand behind for balance
- Hold for 30 - 60 seconds
- (Reverse)



Ankle Range of Motion

- Sit on the floor with both legs straight in front of you
- Gently raise toes toward your nose, elongating legs
- Gently point toes, engaging calf muscles
- Repeat several times to increase blood flow

Visit shine365.marshfieldclinic.org to learn more or youtube.com/marshfieldclinic to view more exercise videos.

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