

STRETCHES

to start your day, from Shine365



Morning Stretch

- From a seated position, gently roll down onto your mat
- Extend out the left leg, then the right
- Raise both hands up overhead, reaching toward the wall behind you
- Hold for 30 - 60 seconds



Single Leg to Chest

- Lay flat on mat with knees bent
- Bring left knee to chest and gently hug for 30 - 60 seconds
- Lower left leg to mat and repeat with the right leg



Double Leg to Chest

- Bring left knee to chest, then right knee
- Hug with both arms for 30 - 60 seconds
- Maintain easy breath



Trunk Rotation

- Lay flat on mat with knees bent
- Gently lower legs to the right, opening up hip and ribs
- Hold for 30 - 60 seconds
- Return legs to center and repeat on left side



Hamstring Stretch

- Place hands behind right knee
- Extend leg upward toward head and hold for 30 - 60 seconds
- Bring right leg down and repeat with left leg



Ankle Rotations

- Supporting the right knee, extend foot slightly
- Circle foot clockwise, then counterclockwise
- Bring right foot down to mat and repeat with left foot

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

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