Warming Up and Stretching

Warm up with foot/ankle rotations, light leg swings, torso twists and backward shoulder rolls.

Stretching takes place AFTER your workout. Hold each stretch below for 15 seconds

https://encrypted-tbn1.gstatic.com/images?q=tbn:ANd9GcRVGG0qsPteIS6SGOXD8XJPNjqUQ76QIagH4TwRlwzVPU4UMlF5gQFront Thigh Stretch

* Stand upright in good posture, holding pole for support on the weight bearing side.
* Gently bend your knee behind you to grasp your ankle with the other hand.
* Keep your knee aligned under the hip as you lift he foot, then switch legs.

https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQ92cHXh8renL-fkxAzdJheXOPDNRr7FghPOZT6X0Kl1UszIg6r

Back Stretch

* Place both poles shoulder width apart and in front of your body for stability.
* Step several inches away from the poles with both feet
* With long legs and arm, extend tailbone behind you.

https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcSahKLCj0VtOh8KJ6K9IFPdfOh3OuBXjbNGFUj9rcrcUbTxQ-XT Back Thigh Stretch

* Place both poles should –width apart and in front of your body for stability
* Extend left leg in front, heel on ground, toes pointed up
* Gently bend right support knee while pushing the tailbone backward, the switch sides.

https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcT-akMtwfOjH4F1AAiiZUgnFQfptmS_m35_0478BdbkqZwwW4OSArm Stretch

* Grasp pole grip with right hand
* Bring pole overhead and down the back; grasp other end with left hand.
* Left hand pulls downward until you feel a stretch in the back of your arms.
* Switch sides



Chest/Upper Shoulder Stretch

* Grasp pole behind back, hands a little wider than shoulder width
* Lift pole up towards head; only lift as high as you can maintain upright posture

Lateral Torso Flexion

* Grasp pole with a wide overhead grip with both hands
* Standing upright in good posture, push the left hand to the ceiling and reach the right hand to the right side
* Change sides.

